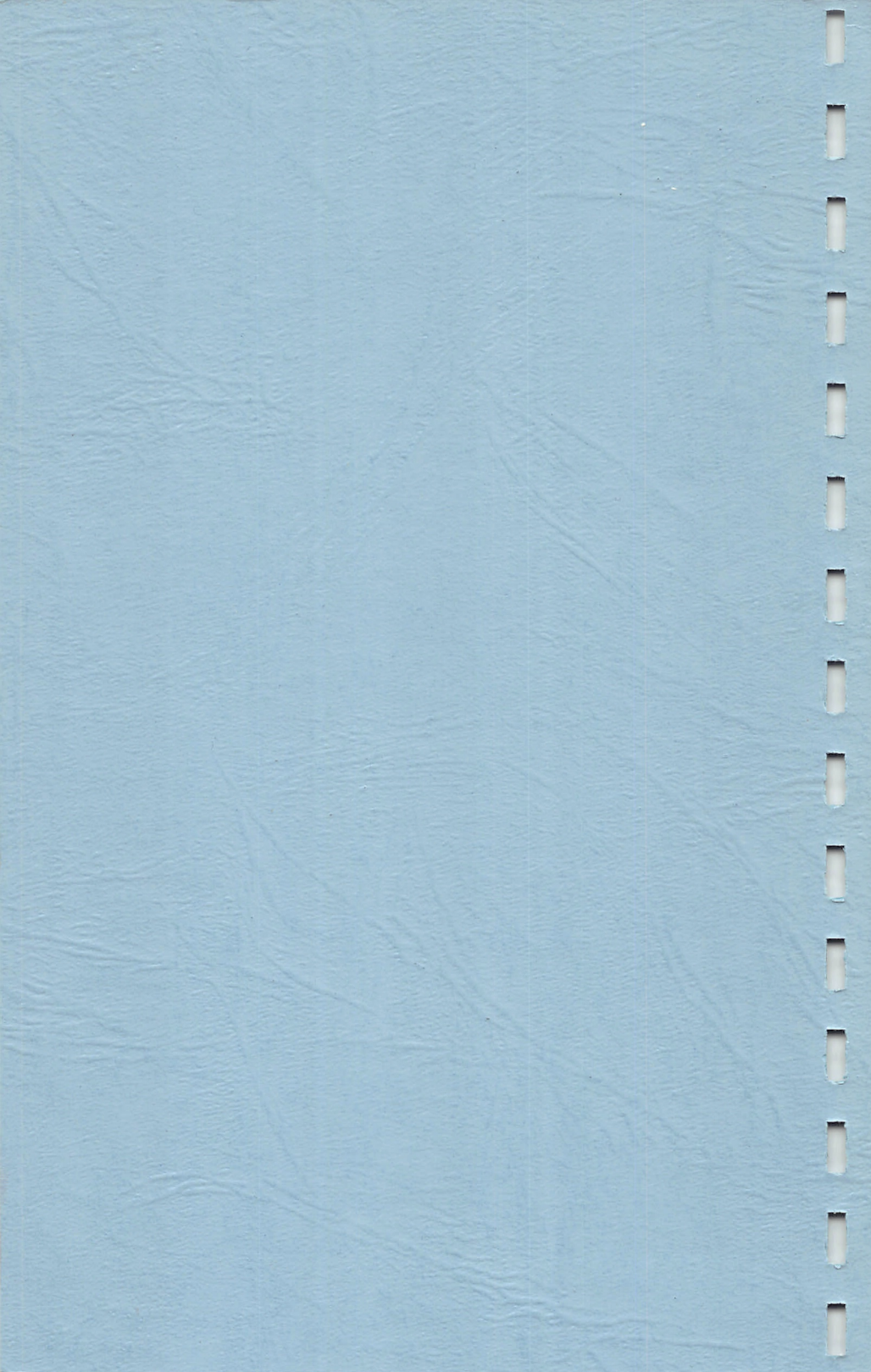


# Recipes from the Lions' Den









LIONS PARK SCHOOL

P. T. A.

PRESENTS

RECIPES FROM THE LIONS' DEN

DECEMBER 1980



UFGS PART 84-101

P. T. A.

PRESTON

RECEIVED FROM THE PLANS, NEW

DECEMBER 1930



The completion of this cook book was made possible through the cooperation of Lions Park School's staff, parents, students and friends.

We hope you'll enjoy "RECIPES FROM THE LIONS' DEN" for many years.

Cook Book Committee

Eileen Christensen

Joan Johnston

Thanks for your help.

Marge Josephson

Sue Lorenz

Debbie Christensen

Lori Johnston

Thank you.







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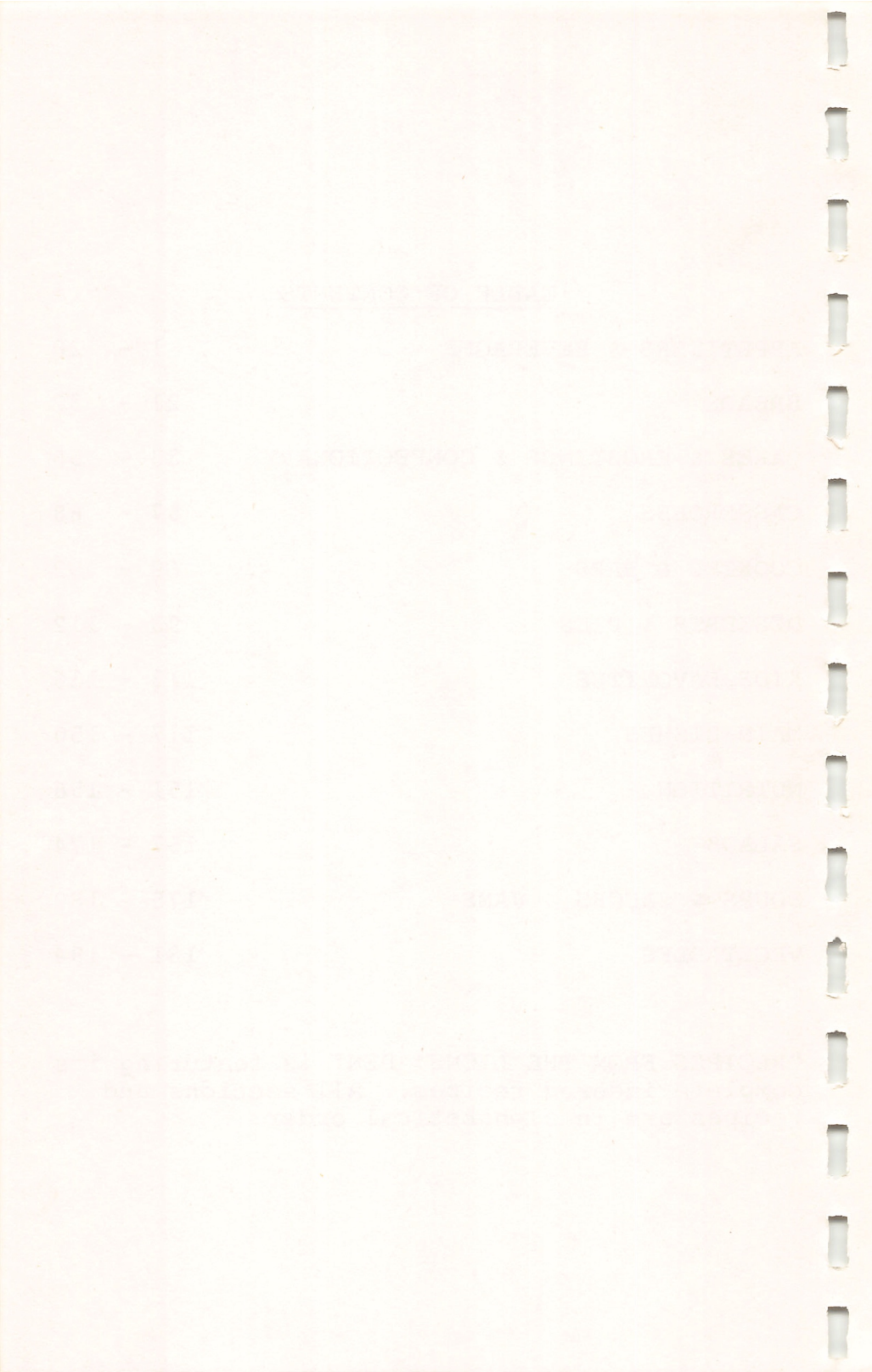
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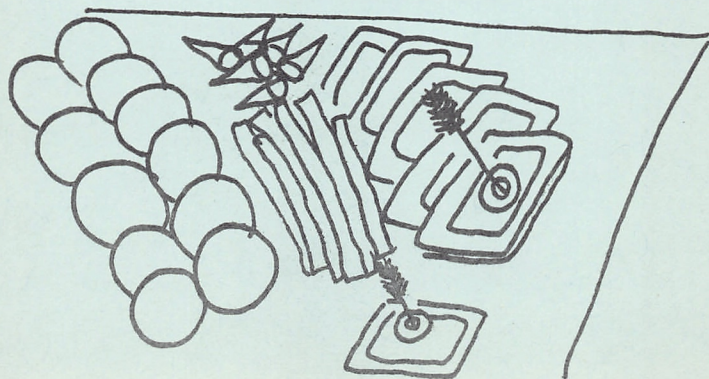
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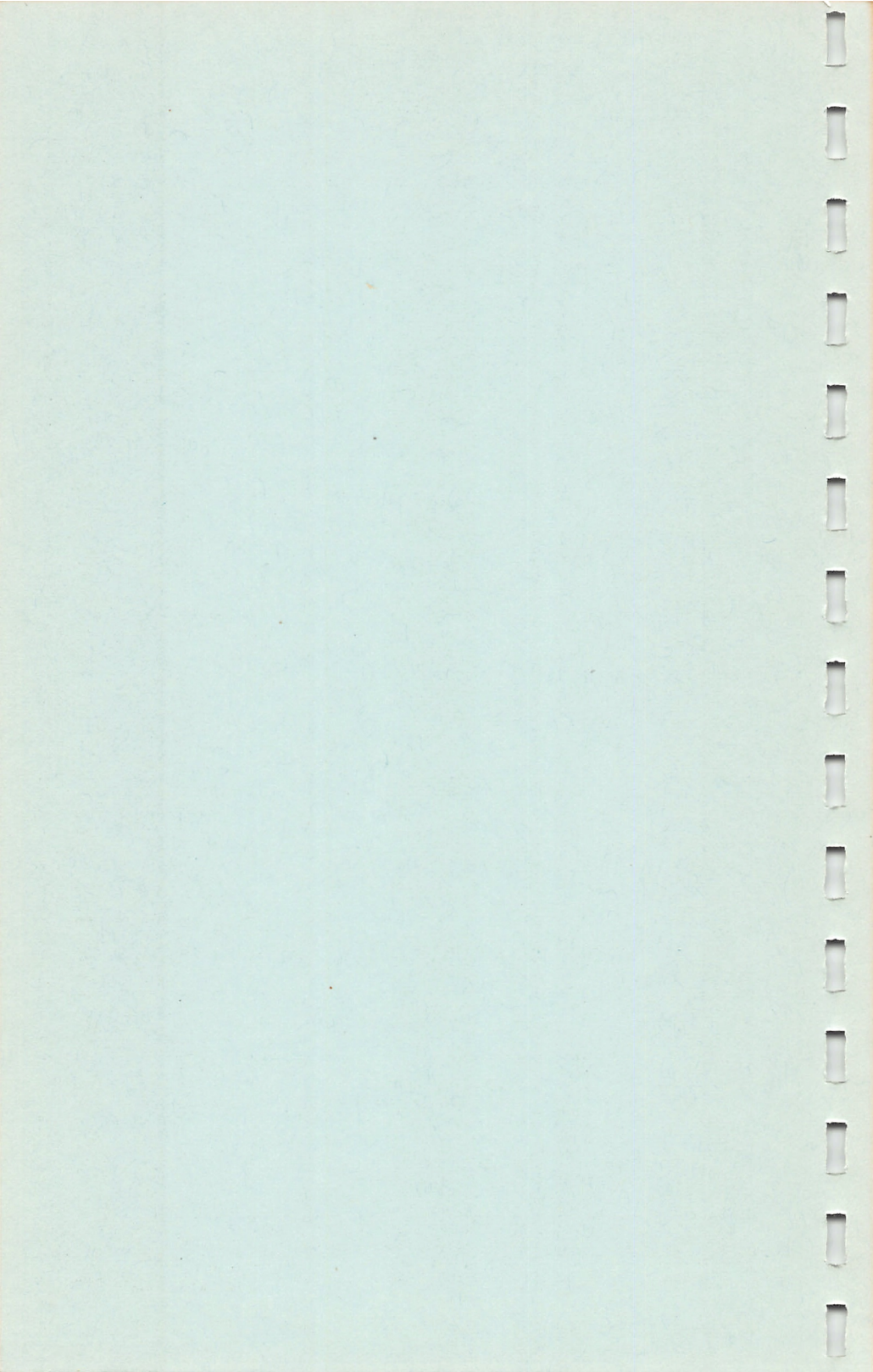
"RECIPES FROM THE LIONS' DEN" is featuring its complete indexed recipes. All sections and recipes are in alphabetical order.





# Appetizers and Beverages







APPETIZERSASPARAGUS APPETIZER

1 loaf sandwich bread  
1 can Nabisco cheddar cheese squirt or 1 jar Cheez-Whiz  
1 can whole asparagus

Cut crusts off bread then roll thin with a rolling pin. Spread with cheese. Place one asparagus on each bread slice. Roll up. Dip in melted butter. Broil for 3 minutes or until lightly toasted.

(Bread can be cut in half for bite-size appetizers.)

Beverly Jur

ASPARAGUS ROLL-UPS

20 slices white bread  
1/2 lb. Velveeta cheese, cubed  
1 15oz. can asparagus spears  
Sesame seeds  
1 lb. butter, divided  
1-2 6-1/2oz. can crabmeat, drained

Trim crusts from bread. Flatten bread with rolling pin. Melt Velveeta and 1/2 pound butter over low heat. Cool; stir in crabmeat. Spread on bread. Drain asparagus; place spear on each slice. Roll up. Melt remaining butter. Brush bread rolls with butter; roll in sesame seeds. Place seam side down on cookie sheet; cover and freeze. Cut rolls in thirds or quarters. Bake at 400° 15 minutes or until done. Yield: 60-80 roll-ups.

Kris Hochmuth

AVOCADO SPREAD

2 ripe avocados  
8oz. cream cheese  
4oz. sour cream  
1 small onion chopped  
Salt and pepper to taste  
1 tsp. lemon juice  
Optional: jalapeno peppers chopped

(continued)

AVOCADO SPREAD - Continued

Mix above, till smooth in food processor. Spread on round platter with edge. Top with: (in the following order) - finely chopped lettuce

2-3 chopped tomatoes

1 small-medium chopped onion

shredded cheddar cheese

chopped black olives

optional: green pepper chopped  
cucumber chopped

Barbara Barcal

BISCUIT HORS D'OEUVRES

1 pkg. refrigerator biscuits (Ballard)

1/4 lb. butter

1 (3oz.) pkg. Bleu cheese

Cut each biscuit into four pieces. Melt butter and cheese in 9x13" pan. When melted, dip the biscuit pieces into the mixture and bake as the package directs. Usually 10 minutes at 450°.

Diana Duffin

BLEU CHEESE SPREAD

1 8oz. pkg. cream cheese (softened)

1 4oz. pkg. bleu cheese

1 Tbsp. milk

1 Tbsp. Worcestershire sauce

1 clove garlic (crushed)

Blend cheeses with milk until smooth. Add Worcestershire sauce and garlic. Mix well. Serve with assorted chilled vegetables. Makes 1-2/3 cups.

Donna Bondioli



BOURBON HOT DOGS

3 pkgs. cocktail hot dogs  
1-1/2 c. Brooks catsup  
1-1/4 c. brown sugar  
3/4 c. bourbon  
1 Tbsp. Worcestershire sauce

Mix together. Simmer 2 hours.

Eileen Sheehan

CHEESE BALL

1 can tuna (6-1/2oz.), drained  
1 8oz. pkg. cream cheese  
Small onion - cut  
1 tsp. Worcestershire sauce  
1 dash Chili powder

Mix above ingredients together and chill slightly.  
Form into 1 large or 2 small balls and roll in  
Parsley and nuts. Serve with Chicken Bisc Crackers.

Karen Cornforth

CHEESE BALL

1 glass Roka Bleu cheese  
1 glass Old English cheese  
2 large pkgs. Philadelphia cream cheese  
1 medium onion (diced)  
1 c. pecans (chopped)  
1 c. parsley  
Dash of Worcestershire sauce

Mix cheeses with onion and Worcestershire sauce.  
Include 1/2 cup of nuts and 1/2 cup of parsley. Let  
stand overnight in refrigerator, then shape in ball  
and roll in the rest of the nuts and parsley.

Georgette Dieschbourg

CHEESE BALL

8oz. cream cheese

1 stick (1/2 c.) margarine

Tops of 3-4 green onions, chopped fine

Cream together cream cheese and margarine. Add chopped onion tops. If desired, roll in nuts.

Note: can be frozen.

Gail Radtke

CHEESE MOUSSE

2 Tbsp. gelatin

1-1/2 c. beef broth

1/4 tsp. curry powder

1 clove garlic - sliced

Salt and pepper

11oz. cream cheese

Black olives or stuffed green olives

Sprinkle gelatin on broth and let stand to soften.

Bring to boil, stirring to dissolve gelatin completely.

Cool. Combine broth, garlic, curry, salt and pepper in blender. Blend 1/2 minute. Add cream cheese, 1/3 at a time. Blend until smooth. Pour into 3 cup mold which has been sprayed with Pam.

Refrigerate approximately 3 hours. Unmold and decorate with sliced black or green-stuffed olives. Serve with cocktail rye.

Patricia S. Mollsen

PINEAPPLE CHEESE BALL

2 8oz. pkgs. cream cheese, softened

1 8oz. can crushed pineapple, drained

2 c. chopped pecans

2 Tbsp. finely chopped onion

In medium bowl beat cream cheese til smooth. Gradually stir in pineapple, 1 cup pecans and onion. Shape into ball by placing mixture in plastic wrap. Roll in remaining 1 cup pecans. Chill til firm. Serve with crackers.

Judi Wickstrom



CHEESE AND SAUSAGE BALLS - Makes at least 40

- 1 lb. sharp cheddar cheese, grated
- 1 lb. hot sausage (bulk)
- 2 c. dry Bisquick

Let sausage soften at room temperature. Mix all ingredients thoroughly. Moisten hands and form dough into a ball. Pinch off a small portion and roll in hands to form a small ball. Place on ungreased cookie sheets (ones with sides work best) and bake at 400° for 10-12 minutes. Serve hot. (These can be frozen, thawed and reheated).

Flo Foster

CHEESE SPREAD

- 1/3 brick cracker barrel cheese (grated)
- 1/3 brick mozzarella cheese (grated)
- 1 c. mayonnaise
- 1 small can sliced ripe olives

Mix altogether and spread on buttered party rye slices. Bake at 400°, 5 to 10 minutes.

Loretta Revers

CRABMEAT APPETIZER

- 1 8oz. pkg. cream cheese
- 1 Tbsp. mayonnaise
- 1 tsp. Worcestershire sauce
- Sprinkle of dried minced onions

Blend above ingredients together. Spread on bottom of serving dish. Pour 1/2 bottle of Cross & Blackwell Cocktail Sauce on top of cream cheese mixture. Then add 1/2 can flaked crabmeat. Do not mix layers. Serve with crackers.

Judi Wickstrom

CRAB MEAT APPETIZER

2 cans Pillsbury Crescent rolls  
1 8oz. Philadelphia cream cheese  
1 6-1/2oz. crab meat (buy can with tendons removed)  
Dash black pepper  
Less than 1 tsp. minced onion  
Dash parsley  
1 beaten egg

Combine cream cheese and crab meat; add pepper, onion and parsley. Mix all together. Divide in half.

Open one can of Crescent rolls, pinch together all triangles, then pinch both halves together. Do the same with the other can of Crescent rolls.

Take mixture (1/2) and put at long end of dough. Put the other (1/2) of mixture on other crescent rolls. Make 2 jelly rolls. Brush beaten egg on both rolls. Bake 12 to 15 minutes or until golden brown at 350°.

Marsha Stefan

CRABMEAT APPETIZER

2 3oz. pkgs. cream cheese  
7oz. crabmeat (fresh, frozen, canned or lobster)  
1/2 tsp. mayonnaise  
1/2 tsp. Worcestershire  
1/2 tsp. seasoned salt

Mash cream cheese; add other ingredients and mix thoroughly. Place mixture in covered bowl and refrigerate for hour or more.

Make rounds of toast (soft bread) and cover with crabmeat mixture. Sprinkle with paprika and place under broiler until golden brown. Serve hot. Makes about 36.

Caroll Panczyk



CRABMEAT APPETIZER

6oz. frozen crabmeat, thawed and separated

Blend: 1 8oz. cream cheese

1/3 c. mayonnaise

1 tsp. prepared mustard with horseradish (Koop's)

1-1/2 Tbsp. dried minced onions

1/2 tsp. seasoned salt

Fold in 1 Tbsp. chopped parsley, dash garlic powder and then the crabmeat. Serve with your favorite cracker or small bread.

Barbara L. Corban

CRAB MEAT DIP

1 8oz. pkg. cream cheese, softened

1 can crab meat - 7-1/2oz. (King Crab works best.

Rinse well in cold water.)

1-1/2 tsp. Miracle Whip

2 Tbsp. chili sauce

1/2 tsp. Worcestershire Sauce

1/2 tsp. lemon juice

3 green onions and tops minced

Mix all ingredients together with a fork and chill.

Linda Andrews

CRABMEAT BACON ROLLS

1/4 c. tomato juice

1 egg, well beaten

1 6-1/2oz. or 7-1/2oz. can crabmeat drained and flaked

1/2 c. fine dry bread crumbs

Dash pepper

1 Tbsp. parsley

1 Tbsp. lemon juice

1/4 tsp. lemon juice

1/4 tsp. Worcestershire

9 slices bacon, cut in half

(Continued)

CRABMEAT BACON ROLLS - Continued

Mix tomato juice and egg. Add crab, crumbs, parsley, lemon juice and seasonings. Mix thoroughly. Roll into 18 fingers, about 2" long. Wrap each roll with 1/2 slice bacon, fasten with toothpick. Broil 5" from heat 10 minutes, turning to brown bacon. Serve.

Elaine Shaffield

HOT CRABMEAT DIP

1 large cream cheese  
1 can crab meat  
1/2 c. mayonnaise  
2 tsp. ground onion  
1/2 tsp. Tabasco sauce  
1 tsp. Worcestershire sauce  
Salt to taste

Mix and bake for 1 hour at 275°.

Dixie Anderson

CRAB PUFFS

1 8oz. cream cheese                   )  
1 egg yolk                                ) Beat with beater  
Onions to taste - chopped )

Pepperidge Farm - toasting white bread. Use a cutter or square the bread into small squares. Butter the bread - spread the above on bread. Broil for 2 minutes.

\*If not used in 1 day, freeze.

Georgette Dieschbourg

CURRIED SHRIMPS

2 lbs. shrimp  
1 c. finely chopped celery  
1/2 c. each: mayonnaise, sour cream  
1 Tbsp. lemon juice  
2 tsp. curry powder  
1 tsp. each: grated onion, salt

(Continued)



CURRIED SHRIMPS - Continued

Cook shrimps in salted boiling water, to which has been added 1 slice lemon, 1 slice onion, 1 bay leaf and a few peppercorns and celery tops. Cover, heat to boiling. Reduce heat and simmer 5 minutes. Remove shells and devein. Combine remaining ingredients and pour over shrimps. Chill for several hours or overnight.

Barbara Cella

DILL DIP

1 c. sour cream  
2/3 c. salad dressing (Miracle Whip)  
2 tsp. parsley flakes  
1 Tbsp. dill weed  
1 Tbsp. Lawry's Seasoning Salt  
1 Tbsp. minced onion

Mix and serve with raw vegetables.

Sue Grisko

DILL DIP

2 Tbsp. dry dill weed  
2 Tbsp. parsley flakes  
2 Tbsp. instant minced onions  
2 tsp. Lawry's Seasoned Salt

1 c. Hellman's mayonnaise  
1 c. sour cream

Mix with fork - let sit a couple of hours. Serve with cauliflower - mushrooms - celery and carrots.

Corky Dunn

DIP AND SPREAD

Just like Kenessey's Hungarian Cream Cheese

- 2 lbs. cream cheese, softened
- 1 lb. butter, softened
- 4 Tbsp. chives, chopped
- 2 Tbsp. paprika

Cream, and cream till very light and creamy. Will last in refridge for week or freeze. Great with carrots and celery or crackers. Serve at room temperature.

Fran Howard

EGG ROLLS OR (KOREAN MAN DO)

- 1/2 lb. lean pork
- 1/4 lb. shrimp
- 1-1/2 to 2 c. bean sprouts
- 3 Tbsp. lard or oil
- 8 whole scallions, finely chopped
- 3 thin slices ginger root minced
- 1/2 tsp. salt
- 1/2 Tbsp. soy sauce
- 1/2 Tbsp. sherry
- 1 egg, lightly beaten
- Oil for deep frying
- 1 lb. egg roll skins

Cut the pork across the grain in 1/4 inch thick slices and then into strips. Mince the strips finely shell the shrimp. Remove the vein and chop shrimp into very small pieces. Heat 2 Tbsp. of the lard or oil in a large pan. Add the pork and stir fry for 1/2 to 2 minutes until it turns white and loses any trace of pink. Add shrimp and stir fry for 45 seconds. Remove from the pan and add remaining Tbsp. of oil. Heat until hot. Add scallions and ginger root. Add bean sprouts and stir fry for 45 seconds. Return pork and shrimp to the pan. Add salt, soy sauce and sherry heat through. Remove from the heat. Place in a colander to drain and cool completely.

(Continued)



EGG ROLLS OR (KOREAN MAN DO) - Continued

Place filling slightly off center of each skin. Roll skin to enclose filling. Tuck in sides neatly. Brush opposite side with beaten egg. Continue rolling egg rolls. Place them on a plate with sealed edge down. Fry the egg rolls in deep fat for 3 to 4 minutes. Turn the rolls once to brown.

Kim Stremich

GALA PECAN SPREAD

1 8oz. pkg. cream cheese  
2 Tbsp. milk  
1 3oz. pkg. Buddig dried beef (sniffed)  
1/4 c. finely chopped green pepper  
2 Tbsp. chopped onion  
1/2 tsp. garlic salt  
1/4 tsp. pepper (or less, according to taste)  
1/2 c. sour cream  
1/2 c. chopped pecans  
2 Tbsp. butter  
1/2 tsp. salt

Combine cheese and milk, and stir in beef, onions, green pepper and seasonings. Mix well. Fold in sour cream. Pour mixture into 8" pie pan. Heat and crisp pecans in 2 Tbsp. of butter with salt in a frying pan. Sprinkle pecans over mixture. Bake in 350° oven for 20 minutes. Goes well with Triscuit Wafers.

Betty A. Burghard

GREEN PEPPER CHEDDAR VEGETABLE DIP

1-1/2 c. sour cream  
1 c. shredded cheddar cheese  
1/4 c. minced onion  
3 Tbsp. minced green pepper  
1/4 tsp. salt  
1/8 tsp. Tabasco  
1 Tbsp. milk

(Continued)

GREEN PEPPER CHEDDAR VEGETABLE DIP - Continued

Mix all ingredients. Cover and refrigerate for at least one hour. Add another tablespoon milk if too thick.

Terri De Sario

HANKY PANKY

- 1 lb. ground beef
- 1/4 lb. hot sausage (Bob Evans)
- 1 lb. Velveeta cheese - diced

Brown meat and drain. Add diced cheese, stir until melted. Add:

- 1 tsp. Worcestershire sauce
- 1 tsp. oregano
- 1/2 tsp. garlic salt
- 1/2 tsp. salt
- Dash pepper

Spread on party rye (2 loaves). Place on cookie sheet in freezer until frozen. Can store in freezer in plastic bag until ready to use. Place on cookie sheet under broiler until bubbly.

Linda Andrews

HOT ARTICHOKE DIP

- 1 large can artichoke hearts (drained)
- 1 c. real mayonnaise
- 1 c. Parmesan

Beat all ingredients together. Place in casserole. Bake at 350° - 20 minutes. Serve with crackers.

Sybil Young



HOT CREAMY BEEF DIP

1 pkg. (8oz.) cream cheese  
1 c. sour half & half  
1 pkg. (3oz.) dried beef, finely chopped  
1 Tbsp. minced onion  
1/4 tsp. each: pepper, garlic salt  
1/2 c. chopped pecans or walnuts

Beat cheese with sour cream until light and fluffy. Stir in beef, onion, and seasonings. Turn into a shallow baking dish; top with nuts. Bake at 350° for 20 minutes. Serve with cocktail rye bread. (About 3 cups).

Eileen Christensen  
Harriet Johnson Naden

HOT TOMATO/CHEESE DIP

1 16oz. can peeled tomatoes  
2 8oz. pkgs. cream cheese  
1/2 green pepper  
1/2 medium onion  
1 tsp. butter

Saute diced green pepper and onion in butter until tender. Add both packages cheese and simmer until melted. Put tomatoes thru sieve or mash and add tomatoes and liquid to cheese mixture. Simmer until dip thickens, about 15-20 minutes. Serve hot with taco or tortilla chips.

Sue Watson

LIVER PATE'

1 lb. liver sausage  
8oz. cream cheese  
1 Tbsp. mayonnaise  
1 Tbsp. dill pickle juice  
1 Tbsp. Worcestershire sauce  
1/4 c. chopped onion  
Dash garlic salt

(Continued)

LIVER PATE' - Continued

In medium bowl, mix 4oz. cream cheese and all remaining ingredients. Pack in saran wrap lined bowl; fold saran wrap over top. Chill in refrigerator. Place in freezer 1 hour before serving. When ready to serve, invert on dish. Take remaining 4oz. of cream cheese and add a small amount of milk. Frost pate' with this mixture and cover with chopped nuts.

Jessica Hall

MEXICAN DIP

1 lb. lean ground beef  
1 large onion, chopped  
Salt, pepper, Tabasco  
1 can refried beans  
1 4oz. can chopped green chillies  
2 c. shredded cheddar cheese  
3/4 c. taco sauce

Brown meat and onion. Drain well. Add seasonings. Spread beans in bottom of greased 9x13 pan. Sprinkle the meat mixture over the beans; then the chilies, cheese and taco sauce. Bake uncovered at 400° for 20-25 minutes. Top with: 1 can avocado dip, thawed (spoon around rim of pan); 1 c. sour cream (spoon around inside edge of avocado dip); 2 tomatoes, seeded and chopped (spoon around sour cream); 1/4 c. grated onion (put inside tomatoes); 1 c. sliced black olive (place in center).

Serve immediately with Doritos.

Judy Greene

PICKLED MUSHROOMS

1 lb. Mushrooms  
3 tsp. salt  
1 c. olive oil  
4 garlic cloves, minced  
1/2 c. vinegar  
6 drops onion juice

(Continued)



PICKLED MUSHROOMS - Continued

Use very firm fresh mushrooms. Fat white mushrooms with short stems are best.

Soak mushrooms in cold water for 15 minutes. Rinse with running water. Drain. Trim ends and place in large heavy pot. Sprinkle salt over mushrooms and simmer covered over moderate heat for 15 minutes. Remove and drain. Mix ingredients and pour into container. Add mushrooms, cover and allow them to age for a few days.

They keep well in a cool place for weeks. Will keep for months if refrigerated.

You can use them as an appetizer or in main dishes. Delicious any way you use them.

Marsha Stefan

ORIENTAL BARBECUED SPARERIBS - 4 servings

- 2 lbs. spareribs
- (Barbecue sauce) -
- 2 cloves garlic, crushed and minced
- 3 Tbsp. soy sauce
- 1 Tbsp. sherry
- 3 Tbsp. hoisin sauce
- 1 Tbsp. honey
- 1 Tbsp. chicken broth
- 1 Tbsp. oil
- 1 green onion minced

Remove fat from ribs and trim ribs neatly. Leave the sheet of ribs in 1 or 2 pieces but cut halfway between each rib. Combine all the remaining ingredients, except the onion. Pour sauce ingredients over the ribs and allow the ribs to marinate for 3 hours. Turn the ribs every hour. Place ribs on a foil covered rack and roast for 45 minutes, in a 400° oven. Garnish with onion and serve immediately.

Kim Stremich

PINK SHRIMP DIP

5oz. can shrimp (drained & rinsed)  
1 pkg. 8oz. cream cheese  
1 tsp. Worcestershire sauce  
2 Tbsp. mayonnaise  
2 Tbsp. catsup  
1/2 small onion chopped  
Dash salt

Mix in blender. Serve with crackers.

Joann Santercola

SHERRIED HOT CRAB

6oz. crabmeat  
1oz. sherry  
8oz. cream cheese  
1 tsp. white horseradish  
1 tsp. chopped chives  
1 tsp. Worcestershire

Mix - put in casserole. Bake at 350° for 20 minutes covered. Serve on wheat crackers or rye rounds.

Lynn Colias

SHRIMP DIP

1 can shrimp  
1 8oz. pkg. cream cheese  
1/2 tsp. grated onion  
3 Tbsp. chili sauce  
2 tsp. lemon juice  
1/4 tsp. Worcestershire sauce

Drain shrimp and reserve juice. Break up shrimp with a fork. Blend shrimp with cheese, onion, and chili sauce. Add lemon juice and Worcestershire sauce. Stir in enough shrimp juice to make dip desired consistency. Refrigerate. Serve with crackers.

Joan Wawak



SHRIMP DIP - Serves 8-10

2 3oz. pkg. cream cheese  
1/2 c. salad dressing (Miracle Whip)  
3 Tbsp. chili or shrimp sauce  
1 tsp. lemon juice  
1/2 tsp. Worcestershire sauce  
1 tsp. finely chopped onions  
5oz. can shrimp

Whip cream cheese and salad dressing until creamy. Add remaining ingredients. Chill. Serve with crackers.

Susan Lloyd

SHRIMP DIP

1 small can shrimp (cut up)  
1/2 c. mayonnaise (Hellman's)  
1/2 c. onion (cut fine)  
1/2 c. celery (cut fine)  
1 8oz. cream cheese  
Squirt of lemon juice

Mix together. Serve on crackers.

Mary Lou Verseman

SHRIMP DIP

1 8oz. pkg. cream cheese  
1 can shrimp  
1 fresh lemon  
2-3 small green onions

Mix cream cheese until smooth. Add 1 can rinsed, drained, mashed shrimp. Add juice of one whole lemon. Add 2-3 onions - minced with some greens. Chill - serve with plain tortilla chips.

Sue Watson

SPINACH BALLS

2 10oz. pkg. chopped spinach  
2 c. herb seasoned stuffing mix (not cubed)  
1 c. Parmesan cheese  
6 beaten eggs  
1/2 c. soft butter or margarine

Cook spinach per instructions - drain well. Add ingredients and shape into balls. Bake at 350° for 15 to 20 minutes.

Jean Cervenka

STUFFED MUSHROOMS

1 lb. fresh mushrooms  
1/4 c. finely chopped green pepper  
1/4 c. chopped onion  
1/4 c. butter or margarine  
1-1/2 c. soft bread crumbs (3-4 slices)  
1/4 c. shredded Monterey Jack cheese  
1/2 tsp. salt  
1/2 tsp. thyme  
1/4 tsp. tumeric  
1/4 tsp. white pepper

Remove stems from mushrooms - finely chop enough stems to measure 1/3 cup. Saute' chopped stems, green pepper, and onion in 3 Tbsp. butter until tender, remove from heat. Stir in remaining ingredients, except mushroom caps and 1 Tbsp. butter. Melt the 1 Tbsp. butter in shallow baking pan - fill mushroom caps with mixture. Place filled side up in pan. Bake at 350° 15-20 minutes until lightly browned. Serve warm. Makes 18 to 36.

Susan Lloyd



ZUCCHINI APPETIZER

3 c. thinly sliced zucchini (4 small)  
1 c. Bisquick  
1/2 c. finely chopped onion  
1 c. grated Parmesan cheese  
2 Tbsp. parsley  
1/2 tsp. salt  
1/2 tsp. seasoned salt  
1/2 tsp. oregano  
Dash of pepper  
1 clove garlic, finely chopped  
1/2 c. vegetable oil  
4 eggs, slightly beaten

Heat oven to 350°. Grease oblong pan 13x9x2". Mix all ingredients, spread in pan. Bake until golden brown - about 25-30 minutes. Cut into pieces 2x1". Makes 4 dozen appetizers.

Jerri Hoffman

BEVERAGESORANGE EGGNOG

1 c. cold milk  
1 egg  
1 Tbsp. confectioners sugar  
1/4 tsp. vanilla  
1/2 c. cold orange juice

Mix all ingredients together in bowl. Beat the mixture with an egg beater or at low speed of an electric mixer until the mixture is thoroughly blended and foamy - may also use a blender. Pour eggnog into a glass and drink it up. There should be enough for 2 glasses.

Jennifer Pfeifer

FRIENDSHIP TEA

1 c. instant tea  
1 3oz. pkg. lemonade mix  
2 c. Tang (orange drink)  
1-1/2 c. sugar  
1-1/2 tsp. cinnamon  
1/2 tsp. ground cloves

Store in jar. 1-2 tsp. in cup of hot water.

Donna Steier

FRUIT SLUSH

Boil 4 c. sugar and 4 c. water to thin syrup.

Add: 10 Tbsp. frozen orange juice  
5 Tbsp. concentrated lemon juice  
1 23oz. can unsweetened pineapple juice  
5 crushed bananas  
1 qt. strawberries

Mix (in blender) and freeze. Put 3 Tbsp. frozen slush in tall glass. Add 7-Up or Ginger Ale. Makes 20-25 glasses. (Note: Recipe makes a lot. Easily cuts in half.)

Roberta Edmonson

SLUSH

3/4 c. sugar  
1 6oz. can frozen lemonade  
1 6oz. can frozen orange juice  
1 46oz. can pineapple juice  
2 c. brewed tea  
2-1/2 c. any liquor  
7-Up

Mix together and freeze. To serve - pour in glass:  
2/3 Slush, 1/3 7-Up. Serves 20 glasses.

Fran Howard



EXTRA RECIPES

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EXTRA RECIPES

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EXTRA RECIPES

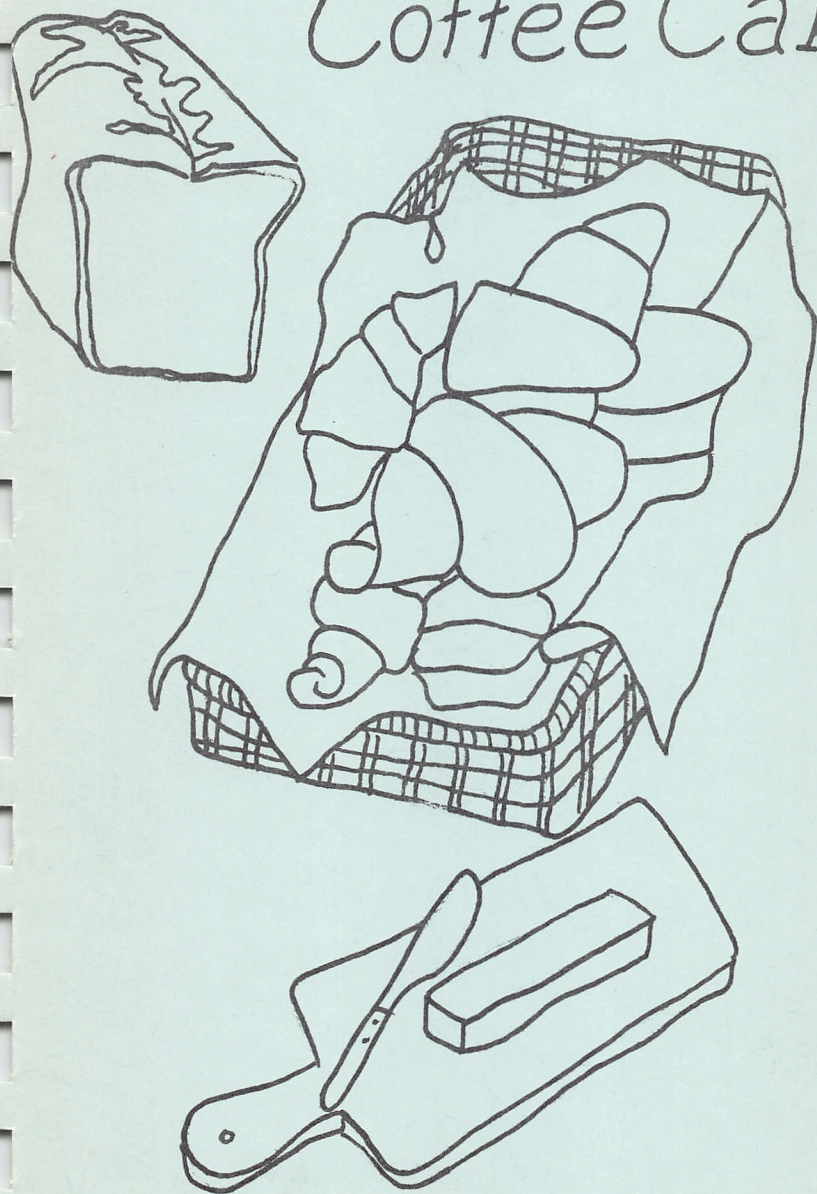
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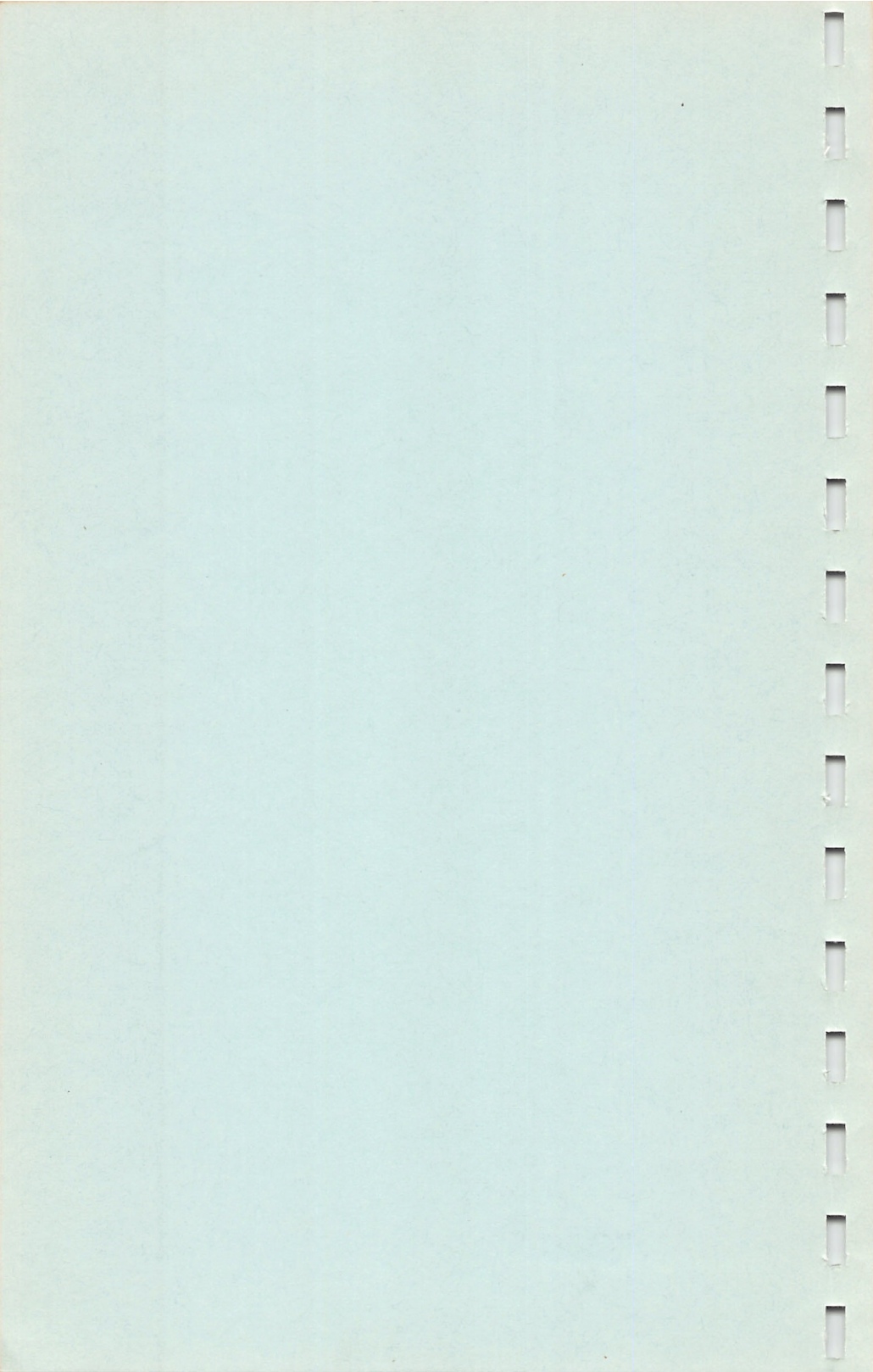
EXTRA RECIPES

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# Breads and Coffee Cakes







BANANA BREAD

1-1/4 c. flour  
1 c. sugar  
1 tsp. soda  
1/2 tsp. salt  
1/2 c. butter  
2 eggs  
1 c. mashed banana (about 2 ripe)

Mix dry ingredients. Add butter, mix well. Mix eggs with mashed banana - add to dry mixture (batter will be lumpy). Bake 375° for 45-50 minutes in a loaf pan.

BEER BREAD

3 c. self-rising flour  
1 can (12oz.) beer  
3 Tbsp. sugar

Stir together all ingredients until well mixed. Pour into buttered 9x5x3" loaf pan. Bake at 350° about 1 hour, or until loaf tests done.

Therese Sokolski

BEER MUFFINS

4 c. Bisquick  
12oz. can of beer  
Pinch of salt and sugar

Combine and drop batter into 12 greased muffin tins. Bake 400° - about 15 minutes til light brown.

Eileen Mc Hone

BRAN-APPLESAUCE MUFFINS - (2-1/2 doz. muffins)

1 c. applesauce  
1/2 c. milk  
1 c. shreds of wheat bran cereal (100% Bran)  
1/2 c. butter, softened  
1 tsp. cinnamon  
1/2 tsp. allspice  
1/4 tsp. cloves, ground  
1-1/2 c. sugar (or honey)  
3 eggs  
2 c. unsifted, all purpose flour  
2-1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt

In a medium bowl mix applesauce, milk and shreds of bran cereal. Set aside. In a large bowl cream butter, cinnamon, allspice, cloves and sugar. Beat in eggs, one at a time, beating well after each addition. Mix flour, baking powder, baking soda and salt in a 3rd bowl; then blend in alternately with bran mixture. Spoon into greased 2 inch muffin cups or muffin cups with paper liners; fill 2/3 full. Bake at 350° for 20 minutes or until toothpick inserted in muffin comes out clean.

Optional: add 1/2 bag frozen blueberries, rinsed and drained (6oz.).

PATTI SHUMWAY

CARROT BREAD

2 c. all purpose flour  
1 c. chopped walnuts  
1/2 c. sugar  
1/2 c. firmly packed brown sugar  
3 tsp. baking powder  
1 tsp. cinnamon  
1/2 tsp. salt  
2 c. finely shredded carrots  
1/2 c. milk  
1/3 c. oil  
1 egg

(Continued)



CARROT BREAD - Continued

Grease and flour bottom of 9x5" loaf pan. Combine all ingredients, mix until just well blended. Pour into the prepared pan. Bake at 350° for 55-60 minutes. Test with toothpick before removing from oven. Allow to cool in pan for 10 minutes.

Sandy Landwehr

CHEDDAR CHEESE ROLLS

1 can refrigerator rolls  
Cheddar cheese  
Sesame seeds  
Butter or margarine

Place small amount of butter on bottom and sides of 8x8" square pan (or round pie pan). Sprinkle sesame seeds to cover bottom of pan. Place rolls in (there can be space between as they will expand when baked) and sprinkle grated cheddar cheese over top. Place in oven and bake following directions on can. After removing from oven, pour 1/2 cup melted butter over top. Serve warm.

Beverly Jur

CORN MUFFINS

1 c. milk  
1 egg  
1 c. flour  
3 tsp. baking powder  
1 c. undegerminated cornmeal  
1/4 c. sugar  
1/4 c. butter  
1 tsp. salt

Sift flour and baking powder, mix in milk and egg, stir in cornmeal; add remaining ingredients in order. Bake in well-greased muffin tins at 425° for about 20 minutes.

Gail Radtke

FRENCH BREAD

1-1/2 c. warm water  
1 Tbsp. shortening  
1 Tbsp. sugar  
1 pkg. dry yeast  
1 tsp. salt  
4 c. flour

Sprinkle yeast on warm water, add the rest of the ingredients. Mix until dough loosens from sides of bowl. Stir down 5 times at 10 minute intervals. Divide dough in half. Let dough rest 10 minutes. Roll each piece 9x12" firmly as for jelly roll. Seal edge, score top 6 times. Raise 1-1/2 hours. Bake on cookie sheet 30 minutes at 400°.

Arlene Olberg

HERBED BREAD

1 loaf French bread  
1 stick butter, softened  
1 Tbsp. parsley flakes  
1/4 tsp. oregano  
1/4 tsp. dill seed  
Garlic salt  
Parmesan cheese

Slash bread into thick slices, almost through to bottom crust. Blend butter, parsley, oregano, dill seed, and garlic salt. Spread on bread slices. Sprinkle top with cheese and additional parsley flakes, wrap in foil.

Heat in 375° oven until hot. Open foil the last few minutes to brown top.

Mille Citti



IRISH SODA BREAD

5 c. flour  
1 c. sugar  
4 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cream of tartar  
1 tsp. salt  
3/4 c. margarine  
2 c. raisins  
2 c. buttermilk  
2 eggs

Put flour, sugar, baking powder, soda, cream of tartar and salt into a large mixing bowl. Cut in margarine with a pastry blender as you would for pie dough until it resembles fine crumbs. Then add raisins.

Make a well in the center and pour in buttermilk and slightly-beaten eggs. Mix well with a wooden spoon. Divide in half and put on floured surface. Shape and pat into round loaves. Place in two greased 9" round layer cake pans. Bake at 350° for 1 hour or until done. Test with a toothpick.

Terri McDonald

PINEAPPLE NUT BREAD

1-3/4 c. sifted all purpose flour  
2 tsp. baking powder  
1/4 tsp. baking soda  
1/2 tsp. salt  
3/4 c. chopped nuts  
3/4 c. granulated sugar  
3 Tbsp. soft butter or margarine  
2 eggs UNBEATEN  
1 (8oz. can) crushed pineapple

Measure flour, baking powder, baking soda and salt into sifter. Set aside. Gradually beat sugar into butter or margarine and mix well. Beat in eggs, one at a time. Gradually add flour mixture and mix well. Add pineapple with its syrup, mix well. Add nuts. Put batter into a greased 9x5x3" loaf pan. Sprinkle with a topping of - 2 Tbsp. granulated sugar and 1/2 tsp. cinnamon. Bake at 350° for 60 to 70 minutes or until done.

Marie Beighley

RAISIN - CARROT - APPLE BREADS

1/4 c. shortening  
2/3 c. sugar  
1/2 tsp. grated lemon peel  
2 eggs  
2 c. sifted flour  
1-1/2 c. coarsely grated apple  
1 c. seedless raisins  
1/2 c. coarsely grated carrot  
1 tsp. each: baking powder, soda, salt

Cream shortening, sugar, and lemon peel together until fluffy. Beat in eggs, one at a time. Add apple, raisins, and carrot. Resift flour with baking powder, soda, and salt into raisin mixture. Stir until blended. Turn into greased and floured 7-1/2 by 3-1/2 by 2-3/4 inch loaf pan. Bake at 325° until loaf tests done, about one hour. Turn out on wire rack to cool before storing and cutting.

Carol Ashman

SALLY LUNN (HANDPULL BREAD)

1 c. milk  
1/2 c. shortening  
4 c. sifted all-purpose flour  
1/3 c. sugar  
2 tsp. salt  
2 pkgs. active dry yeast  
3 eggs

Preheat oven to 350° 10 minutes before bread is ready to bake. Grease a 10 inch tube cake or bundt pan.

Heat the milk, shortening, and 1/4 c. water until very warm (120°F.). Shortening does not need to melt.

Blend 1-1/3 c. flour, the sugar, salt, and dry yeast in a large mixing bowl. Blend warm liquids into flour mixture. Beat with an electric mixer at medium speed about 2 minutes, scraping the sides of the bowl occasionally.

(Continued)



SALLY LUNN (HANDPULL BREAD) - Continued

Gradually add  $\frac{2}{3}$  c. of the remaining flour and the eggs. Beat at high speed for 2 minutes. Add the remaining flour and mix well. Batter will be thick, but not stiff.

Cover and let rise in warm, draft-free place (about 85°F.) until double in size - (about 1 hour and 15 minutes).

Beat dough down with a spatula or at lowest speed on an electric mixer and turn into prepared pan.

Cover and let rise in a warm, draft-free place until increased in bulk about  $\frac{1}{2}$  again as large (about 30 minutes).

Bake at 350° for 40 to 50 minutes. Run a knife around the center and outer edges of the bread. Turn onto a plate to cool.

Carol Guthrie

WHOLE WHEAT BANANA NUT BREAD

$\frac{1}{2}$  c. butter

$\frac{3}{4}$  c. honey

1 egg

3 mashed bananas

Mix together: 2 c. whole wheat flour  
3 tsp. baking powder  
 $\frac{1}{4}$  c. walnuts

Cream butter and honey. Add remaining ingredients in order listed. Bake at 350° in 9x5" greased pan for 1 hour.

Diana Duffin

ZUCCHINI BREAD

2 c. sugar  
1 c. oil  
3 eggs, beaten  
2 c. grated zucchini  
1 Tbsp. vanilla  
3 c. flour  
1 Tbsp. cinnamon  
1 tsp. salt  
1 tsp. baking soda  
1 tsp. baking powder  
2/3 c. raisins (optional)  
2/3 c. nuts, chopped (optional)

Cream sugar and oil. Add eggs, zucchini, and vanilla. Sift flour, cinnamon, salt, baking powder and baking soda together. Add raisins and nuts. Add to zucchini mix. Grease and flour, bottom only, of 2 loaf pans (9x5"). Pour mixture into pans. Bake at 350° 1 hour or until done. Let stand 10 minutes.

Teresa Pfeifer

ZUCCHINI BREAD

2 c. sugar  
1 c. oil  
4 eggs  
3-1/2 c. flour  
1-1/2 tsp. soda  
1-1/2 tsp. salt  
3/4 tsp. baking powder  
1 tsp. cinnamon  
1 tsp. vanilla  
1 c. raisins  
1 c. nuts  
2 c. grated unpeeled zucchini

Mix all above together for 2 large loaf pans or 2 small and 1 large pan. Bake at 325° one hour or more.

Joanne Heizer



ZUCCHINI BREAD

3 eggs  
1 c. oil  
2 c. sugar  
2 c. peeled and grated zucchini  
1 tsp. salt  
1 tsp. baking soda  
1/4 tsp. baking powder  
3 tsp. cinnamon  
3 tsp. vanilla  
1/8 tsp. nutmeg  
Optional - 1 c. finely ground nuts  
3 c. flour

Beat eggs with fork until creamy, and add oil, sugar and zucchini. Add dry ingredients (and nuts). Blend well. Pour into loaf pan. Bake 1 hour at 325°. Makes 1 loaf.

Very good and moist!! A food processor works best and quickest for grating zucchini.

Barbara L. Barcal

CALIFORNIA COFFEE CAKE

1/4 lb. butter or margarine)  
1 c. sugar ) Cream together

Add 2 eggs, one at a time  
1 tsp. vanilla

2 c. flour )  
1 tsp. baking soda ) Sift together  
1 tsp. baking powder )

Add flour mixture to butter, eggs and vanilla. Add 1/2 pt. sour cream to above.

Put 1/2 of mixture in greased 8x12" pan and sprinkle half of the following mixture on it:

1/3 c. brown sugar  
1/3 c. chopped walnuts and  
1 tsp. cinnamon

(Continued)

CALIFORNIA COFFEE CAKE - Continued

Pour rest of batter over and sprinkle the top with the rest of the brown sugar mixture. Bake at 325° for approximately 35 to 40 minutes.

Marie Beighley

EASY 60 MINUTE COFFEE CAKE

1/2 lb. butter/margarine  
1-1/2 c. sugar  
3 eggs  
2 c. flour  
1 tsp. vanilla  
1 can pie filling

Cream butter and sugar. Add eggs one at a time, beating well after each. Add flour - beat well. Spread 1/2 batter in 9x13" pan. Spread pie filling. - Drop by spoonfuls the remaining batter. Bake 350° for 60 minutes.

Jill Hruban

GOOEY COFFEE CAKE

1 box Dromedary Pound Cake Mix  
1 stick margarine - melted  
4 eggs  
1 8oz. pkg. cream cheese (room temperature)  
1 tsp. vanilla  
Pinch salt  
2 c. confectioners sugar  
1 c. chopped nuts

Blend pound cake mix, melted margarine, and 2 eggs. Beat well. Pour into greased and floured 9x13" pan. In large bowl beat cream cheese until fluffy, add the 2 remaining eggs, vanilla, salt, and 2 cups confectioners sugar. Pour this over batter in pan and sprinkle nuts on top.

Bake in a 350° oven for 35 minutes or until cake pulls away from the sides. Cool and sprinkle with powdered sugar.

Shirley Roeske



STREUSEL COFFEE CAKE

1 pkg. dry yeast  
1/4 c. warm water  
1/2 c. milk  
1/4 c. soft margarine  
1/4 c. sugar  
1/2 tsp. salt  
1/2 tsp. grated lemon peel  
1 egg  
1-3/4 c. flour

Dissolve yeast in water. Set aside. Scald milk. Combine margarine, sugar, salt and lemon peel in bowl. Add milk and yeast. Blend in 1/2 cup flour. When well combined, add 1 more cup of flour, beat until smooth. Beat in egg and final 1/4 cup of flour. Beat until smooth and elastic. Let rise until double in size. Stir down. Put dough in greased 13x9" pan. Brush with melted margarine. Top with topping of:

1/2 stick of margarine  
1/2 c. flour  
2/3 c. sugar and  
1 tsp. vanilla

(Mix with fork until crumbly). Bake 350° 30-35 minutes or until golden.

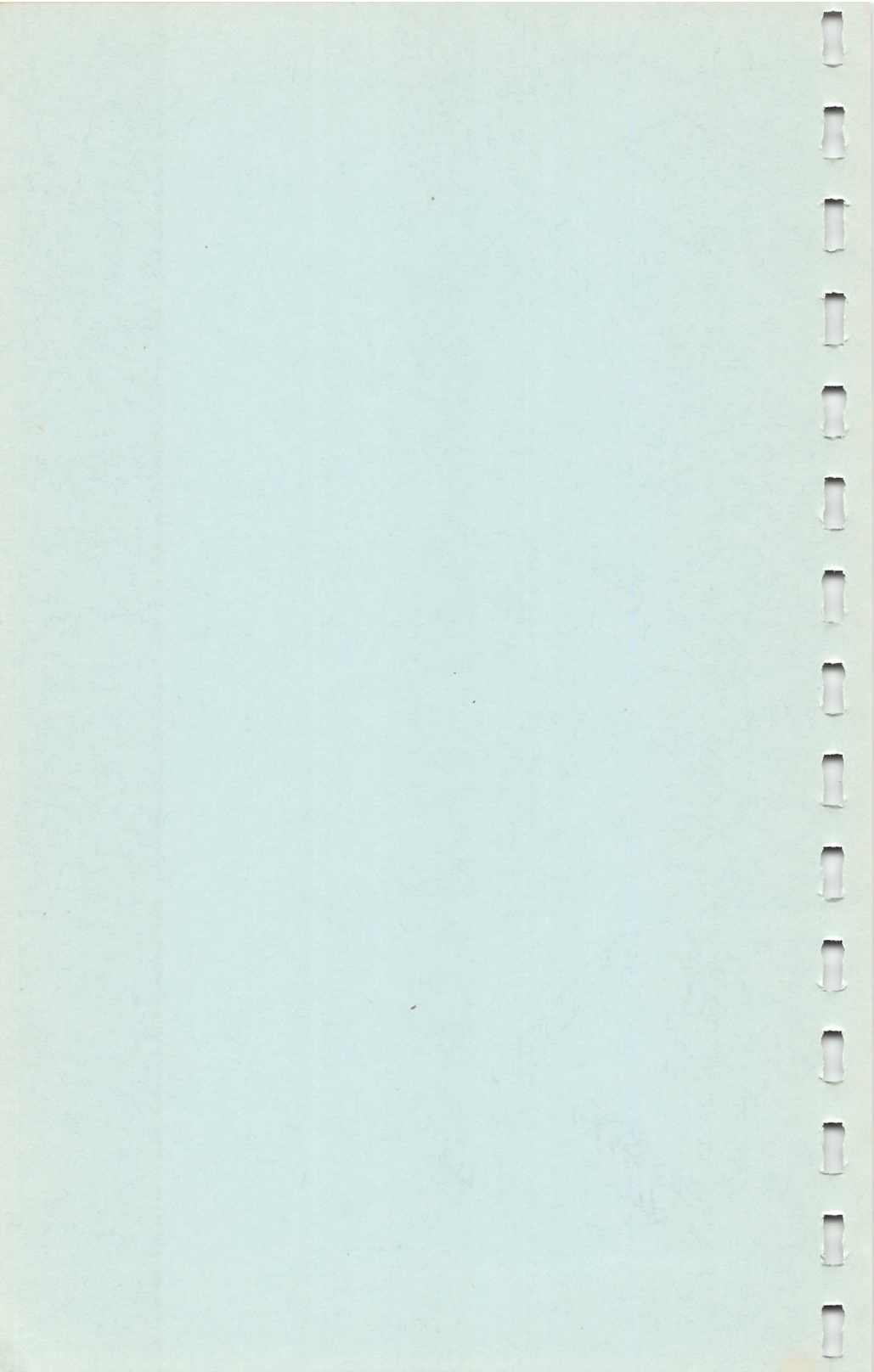
Linda Fack





# Cakes, Frostings and Candies







CAKESAPPLE CAKE

2 c. finely diced apples  
1 c. sugar  
1 egg  
1 c. flour  
1-1/2 tsp. cinnamon  
1 tsp. soda  
1 c. nuts  
1 tsp. vanilla

Mix apples and sugar together. Let stand until sugar is thoroughly dissolved. Add egg and beat well. Sift dry ingredients together. Stir into apple mixture. Add nuts and vanilla. Pour into one 8x8" pan. Bake at 375° for 40-45 minutes or until done.

Topping: 1/2 c. brown sugar  
1/2 c. granulated sugar  
1/4 lb. butter  
2 tsp. flour  
1 c. water  
1 tsp. vanilla

Cook sugar, flour, and water until clear. Add butter and vanilla. Stir until butter thoroughly melts. Pour over cake while both are hot.

Karen Cornforth

BACARDI RUM CAKE

Cake: 1 c. chopped pecans or walnuts  
1 18-1/2oz. pkg. yellow cake mix  
1 3-3/4oz. pkg. Jello Instant French Vanilla  
Pudding  
4 eggs  
1/2 c. cold water  
1/2 c. Wesson oil  
1/2 c. Bacardi Rum (white or dark)

(Continued)

BACARDI RUM CAKE - Continued

Glaze: 1/4 lb. butter  
1/4 c. water  
1 c. granulated sugar  
1/2 c. Bacardi Rum

Preheat oven to 325°. Grease and flour 10" tube or 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together - pour batter over nuts. Bake one hour. Prick top and sides of cake - drizzle glaze evenly over top and sides of cake. Allow cake to absorb glaze. Repeat til glaze is used up. When cake is cool, invert onto plate.

Glaze - Melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.

Optional - Decorate with whole maraschino cherries and border of sugar frosting or whipped cream.

Sybil Young

BOSTON CREAM PIE

1 c. sifted flour  
1 tsp. baking powder  
1/4 tsp. salt  
2 Tbsp. butter  
1/2 c. hot milk  
2 eggs  
1 c. sugar  
1 tsp. vanilla  
Cream Custard Filling (below)  
Chocolate Glaze (below)

Sift together flour, baking powder and salt. Add butter to hot milk; keep hot. Beat eggs until thick and lemon-colored (about 3 minutes). Gradually add sugar, beating for about 5 minutes.

Add vanilla, quickly add sifted dry ingredients to egg mixture; blend. Stir in hot milk mixture, blend well. Pour into 2 greased and floured 8" round cake pans. Bake in 350° oven for 25 to 30 minutes. Cool in pans 15 minutes.

(Continued)



BOSTON CREAM PIE - Continued

Custard Filling: 1/3 c. sugar  
2 Tbsp. flour  
1 Tbsp. cornstarch  
1/4 tsp. salt  
1-1/2 c. milk  
1 egg  
1 egg yolk  
1 tsp. vanilla

Combine sugar, flour, cornstarch and salt in saucepan. Gradually stir in milk. Cook and stir until mixture boils and thickens; cook and stir 2 to 3 minutes longer. Slightly beat egg with egg yolk; stir a little of the hot mixture into eggs. Return to hot mixture. Cook and stir until mixture comes to boiling. Add vanilla. Cool completely, beat smooth. Spread between layers of completely cooled cake.

Chocolate Glaze: 1oz. unsweetened chocolate  
1 Tbsp. butter  
Boiling water  
1 c. confectioners sugar  
1/2 tsp. vanilla

Place chocolate and butter in small saucepan. Stir over low heat until chocolate melts. Remove from heat; add sugar and vanilla. Blend in enough boiling water (about 2 Tbsp.) to make icing of drizzling consistency. Drizzle over cake.

Marty Zilic

BUCHE DE NOEL

1 c. walnuts  
1/4 c. flour  
1/4 c. cocoa  
2/3 c. sugar  
Whipped cream  
5 eggs, separated  
1/2 tsp. salt  
1/4 tsp. cream of tartar  
1/2 tsp. vanilla  
Glaze (below)

( Continued )

BUCHE DE NOEL - Continued

Grate walnuts fine. Mix with flour and cocoa. Beat egg whites, salt and cream of tartar barely stiff; gradually beat in 1/3 cup sugar. With same beater, beat yolks, remaining sugar and vanilla until thick. Pour over egg whites; gently fold together. Gradually fold in walnut mixture. Turn into 10x15x1" pan lined on bottom with greased waxed paper. Bake at 350° for 20 minutes until top springs back when touched. Turn out onto cloth sprinkled thickly with powdered sugar. Roll up loosely in cloth; cool. When cold, gently unroll; spread with whipped cream\*; re-roll. Frost top and sides with glaze.

\*Chopped cherries and nuts may be added.

Glaze: Mix - 2 tsp. unsweetened cocoa  
                  2 tsp. butter (melted)  
                  1-1/2 tsp. boiling water  
Stir in - 1 Tbsp. light corn syrup  
                  3/4 c. sifted powdered sugar

Marty Zilic

CARROT BARS

4 eggs beaten  
2 c. sugar  
2 tsp. soda  
2 tsp. cinnamon  
1 tsp. salt  
1-1/2 c. vegetable oil  
2-1/2 c. flour  
3 (4-1/2oz.) jars baby food carrots - or -  
1 (13-1/2oz.) can pumpkin

Mix well. Bake 350° for 25 minutes in 2 prepared 9x13" pans.

Icing: 3-1/2 c. (1 box) powdered sugar  
          1/2 c. margarine  
          1 (8oz.) pkg. cream cheese  
          Vanilla

Mix well and frost cakes when cool.

Patricia S. Mollsen



COCONUT POUND CAKE

2 sticks butter  
1 stick margarine  
3 c. sugar  
6 eggs  
3 c. flour  
1/4 tsp. salt  
1 c. evaporated milk  
1 c. flaked coconut  
1 tsp. vanilla

Cream the butter and margarine. Add sugar, a small amount at a time and cream well. Add eggs, one at a time and beat well. Sift flour with salt and add to sugar mixture alternately with milk, (beginning and ending with flour). Stir in coconut and vanilla.

Bake in a 10" tube pan at 275° for an hour and thirty minutes or until inserted toothpick comes out clean. Sprinkle with sifted powdered sugar.

Carol Blake

CHEESECAKE

Crust: 1 c. flour ) Blend and press in a  
1 stick margarine ) 9x13" pan. Bake at  
1/4 c. nuts ) 400° for 15 minutes.  
1/4 c. brown sugar )

Filling: 1 8oz. cream cheese )  
1 c. powdered sugar ) Whip  
1 tsp. vanilla )  
2 pkg. Dream Whip )  
1 c. cold milk ) Combine and whip.  
1 tsp. vanilla ) Add to above mix.

Put in pan to set. Add 2 cans fruit filling after set. Chill fruit filling before spreading. Prefer peach filling.

Joan Wawak

CHOCOLATE CAKE

2 c. sugar  
1/2 c. cocoa  
2/3 c. butter  
2 eggs  
Pinch of salt  
1 c. cold water  
2-1/2 c. sifted flour  
2 tsp. soda  
1/2 c. hot water  
1 tsp. vanilla

Cream sugar, cocoa, and butter. Then beat in eggs, salt, and vanilla. Add cold water and flour alternately. Dissolve soda in hot water and add to batter. Bake at 350° 30 to 35 minutes. Makes a 2 layer cake or 1 loaf cake.

Arlene Olberg

CHOCOLATE CHERRY CAKE

2 c. all purpose flour  
3/4 c. sugar  
3/4 c. vegetable oil  
2 eggs  
2 tsp. vanilla  
1 tsp. baking soda  
1 tsp. cinnamon  
1/8 tsp. salt  
1 can (2loz.) cherry pie filling  
1 6oz. pkg. chocolate chips  
1 c. chopped walnuts (optional)

In large bowl, combine flour, sugar, oil, eggs, vanilla, baking soda, cinnamon and salt. Mix well. Stir in cherry pie filling, chocolate chips and nuts. Pour into a greased and floured fluted tube or 10" plain tube pan. Bake at 350° for 1 hour. Remove and cool completely. Before serving sprinkle with powdered sugar.

Vi Kosinski



CHOCOLATE CHERRY UPSIDE-DOWN CAKE

1 can (21oz.) cherry pie filling  
2-1/4 c. flour  
1-1/2 c. sugar  
3/4 c. unsweetened cocoa powder  
1-1/2 tsp. baking soda  
3/4 tsp. salt  
1-1/2 c. water  
1/2 c. cooking oil  
1/4 c. vinegar  
1-1/2 tsp. vanilla

Spread the cherry pie filling evenly over the bottom of a greased 13x9x2" baking pan. In a large bowl stir together flour, sugar, cocoa, soda and salt. In another bowl combine water, oil, vinegar and vanilla. Add liquid ingredients to flour mixture, all at once; stir just to moisten. Pour batter evenly over cherry pie filling. Bake in a 350° oven for 30 to 35 minutes or until done. Cool 10 minutes in pan; invert and cool.

Barbara Duever

CHOCOLATE MERINGUE CAKE

1/2 c. butter  
1 c. sugar  
4 eggs, separated  
4 squares (1oz. each) unsweetened chocolate, melted  
1 tsp. vanilla  
Shaved chocolate  
1/2 c. cake flour  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/4 c. hot water  
1 pkg. (6oz.) chocolate pieces  
Whipped cream

Cream butter with 3/4 cup sugar until fluffy. Beat in egg yolks, add melted chocolate and vanilla. Sift together flour, soda, and salt. Add to mixture. Stir in water. Quickly spread in 2 greased and floured 8"

(Continued)

CHOCOLATE MERINGUE CAKE - Continued

layer cake pans. Beat egg whites, gradually beating in 1/4 cup sugar until stiff and glossy. Sprinkle chocolate pieces over all, spread meringue over tops. Bake at 350° about 35 minutes. Cool on rack 10 minutes before removing from pans.

Assemble so that meringue layers are together with whipped cream between for filling. Frost top with whipped cream, sprinkle with shaved chocolate. Makes 8-10 servings.

Carol Ashman

CHOCOLATE PARTY CAKE

Cake: 2 c. flour  
2 c. sugar  
1/4 lb. butter  
1/2 c. shortening  
4 Tbsp. cocoa  
1 c. water  
2 eggs  
1 tsp. each: baking soda, vanilla, cinnamon  
1/2 c. buttermilk\*

\*may substitute 1/2 Tbsp. lemon juice or vinegar plus milk to make 1/2 cup

Combine flour and sugar in large mixer bowl; set aside. Mix butter, shortening, cocoa and water in saucepan. Bring to a rapid boil. Pour over sugar and flour and beat with mixer about a minute or less. Add buttermilk and beat same amount. Add remaining ingredients and beat 2 minutes. Pour into 11x16" greased and floured pan. Bake at 400° 20 minutes.

Frosting: 1/4 lb. butter  
4 Tbsp. cocoa  
6 Tbsp. milk  
1 lb. powdered sugar  
1 tsp. vanilla extract

Mix butter, cocoa and milk in saucepan over medium heat until butter melts. Pour over sugar. Add vanilla and beat. Frost cake while hot.

Barbara Runkel



CHOCOLATE SHEET CAKE

2 c. flour  
2 c. sugar  
1 stick margarine  
1/2 c. vegetable oil  
1 c. water  
4 Tbsp. cocoa  
2 eggs  
1 tsp. vanilla  
1 tsp. soda  
1/2 c. buttermilk

Mix together flour and sugar. Set aside. Bring to boil margarine, oil, water and cocoa. Pour this over flour mixture and blend well. Stir in eggs, vanilla, soda, and buttermilk. Pour batter onto greased 15-1/2x10-1/2x1" jelly roll pan.

Frosting: 2/3 stick margarine  
4 Tbsp. milk  
3 Tbsp. cocoa  
2/3 box powdered sugar  
3/4 tsp. vanilla

Bring to rapid boil margarine, milk and cocoa. Remove from fire and add vanilla and sugar. Spread on sheet cake as soon as it comes from oven.

Dorothy Smith

DELIGHT CHOCOLATE OR LEMON ETC. INSTANT PUDDING

1 c. flour ) Mix as for pie dough, then press into  
1 stick butter ) a 9x13" pan and bake at 350° for 15  
1/2 c. nuts ) minutes or till golden brown.  
1 8oz. Philadelphia cream cheese (soft)  
1 c. powdered sugar  
1 c. Cool Whip

Mix all ingredients together then spread on top of cooled crust.

2 pkg. of Instant Pudding  
3 c. milk

(Continued)

DELIGHT CHOCOLATE OR LEMON ETC. INSTANT PUDDING - Cont.

Beat until thick, then spread on cheese layer. Put rest of Cool Whip on top of pudding layers. Refrigerate.

Mrs. Padal

DOUBLE CHOCOLATE CAKE

Cream - 1 stick butter/margarine

1 c. sugar

Add - 4 eggs (1 at a time)

1 can Hershey's Syrup (16oz.)

Then add - 1 c. flour

1 tsp. baking powder

Bake 350° in a 9x13" pan for 30-40 minutes.

Frosting: Bring to boil - 1 stick butter

4 Tbsp. cocoa

6 Tbsp. milk

Remove from heat. Add 1 lb. box powdered sugar.

Beat to blend and pour while warm over warm cake.

Jill Hruban

GERMAN OAT CAKE

1-1/4 c. boiling water

1 c. quick cooking rolled oats

1/2 c. butter

1 c. chocolate chips or 1/2 (12oz.) bag

1-1/2 c. unbleached flour

1/2 c. sugar

1 tsp. baking soda

2 tsp. baking powder

1/2 tsp. salt

1 c. packed brown sugar

3 eggs

1 tsp. vanilla

(Continued)



GERMAN OAT CAKE - Continued

Caramel Nut Topping: 4 Tbsp. butter  
1/4 c. light cream (1/2 & 1/2)  
1/2 c. packed brown sugar  
1/2 c. chopped pecans

In a large mixing bowl pour boiling water over rolled oats; add the 1/2 cup butter and the chocolate. Let stand 20 minutes and stir till well mixed. In medium size bowl sift together the flour, sugar, soda, powder and salt. Stir in brown sugar. Then add eggs and dry mixture to oatmeal mixture. Beat at low speed just until thoroughly combined. Turn into greased and floured 13x9" pan. Bake at 350° for 35-40 minutes. Spread "Caramel Nut Topping" evenly over cake, broil 4 to 5 inches from heat for 30-60 seconds, or until bubbly.

Caramel Nut Topping: In a small saucepan, combine the remaining butter, brown sugar and cream. Cook and stir till mixture boils, reduce heat and simmer for 2-3 minutes, till slightly thickened, stir frequently. Add nuts.

Patti Shumway

GOOEY BUTTER CAKE

1 box yellow cake mix  
1 stick butter  
1 egg

Melt butter in 9x13" pan; beat egg and add melted butter. Add dry cake mix; blend like cookie dough. Put into 9x13" pan; bring up sides (about 1") like pie crust dough.

Combine: 8oz. cream cheese  
2 beaten eggs  
1 box powdered sugar

Mix well and pour over unbaked dough. Bake at 350° about 35 minutes.

Roberta Edmonson

"KRAZY KAKE"

1-1/2 c. sifted flour  
3 Tbsp. cocoa  
1 tsp. soda  
1 c. sugar  
1/2 tsp. salt  
5 Tbsp. cooking oil  
1 Tbsp. vinegar  
1 tsp. vanilla  
1 c. cold water or coffee

Sift together flour, cocoa, soda, sugar and salt in 9x9x2" cake pan. Make three holes in dry ingredients. Into one pour oil; into next one the vinegar and the last the vanilla. Pour cold water over all - beat until smooth. Bake at 350° for 30 minutes. Cool on rack 10 minutes - invert pan and let cake fall out of pan.

Jerri Hoffman

MACAROON CAKE

6 eggs  
1 c. shortening  
1/2 c. margarine  
3 c. sugar  
1/2 tsp. almond extract  
1/2 tsp. coconut extract  
3 c. sifted\* flour  
1 c. milk  
2 cans (3-1/2oz. size) flaked coconut

\*sift before measuring

1. Separate eggs, placing whites in large bowl; yolks in another large bowl. Let whites warm to room temperature - about 1 hour.
2. Preheat oven to 300°. Grease a 10" tube pan.
3. With electric mixer at high speed, beat egg yolks with shortening and margarine until well blended. Gradually add sugar, beating until light and fluffy. Add extracts; beat until blended.

(Continued)



MACAROON CAKE - Continued

4. At low speed beat in flour (in thirds), alternately with milk (in halves), beginning and ending with flour.
5. Add coconut; beat until well blended.
6. Beat egg whites just until stiff peaks form. With rubber scraper, gently fold whites into batter until well combined. Turn into prepared pan.
7. Bake 2 hours, or until a cake tester inserted near center comes out clean.
8. Cool in pan on wire rack 15 minutes. Remove from pan; cool thoroughly on wire rack. Invert onto a plate and sift confectioners sugar over top.

Makes 12-16 servings.

Beliz Cims

MANDARIN ORANGE CAKE

- 1 box Duncan Hines Butter Cake Mix or Deluxe II Yellow Cake Mix
- 3/4 c. oil
- 4 eggs
- 1 small can Mandarin Oranges with juice\*

Mix ingredients together with electric mixer and bake in a sheet cake pan or a 13x9" pan for approximately 25 minutes in a 325° oven. Let cool.

Frosting: 20oz. can Crushed Pineapple with juice  
1 small box Vanilla Instant Pudding (dry)

Mix above together; then fold in an 8oz. container of thawed Cool Whip.

\*Can substitute 1 cup canned peaches with juice for the Mandarin Oranges.

Mary Ann Balla

NEVA'S DUMP CAKE

1 can cherry pie filling  
1 can crushed pineapple  
1 Yellow Cake Mix  
1/4 lb. (one stick) butter or margarine (melted)  
Approximately 1/2 c. chopped walnuts

"Dump" can of pie filling into oblong cake pan. Top with the crushed pineapple (do not drain). Add cake mix and sprinkle evenly on top of pineapple. Pour melted butter evenly over cake mix making sure cake mix is evenly topped with melted butter. Add a little more butter if necessary. Sprinkle with chopped walnuts.

Bake in a 350° oven for one hour. This cake is good by itself, served warm or cold, or warm topped with vanilla ice cream.

Betty A. Burghard

OATMEAL CAKE

1 c. oatmeal  
1/3 c. boiling water  
1 c. white sugar  
1 c. brown sugar  
1 c. margarine  
2 eggs  
1-1/3 c. all-purpose flour  
1 tsp. soda  
1 tsp. baking powder  
1 tsp. cinnamon  
1/2 tsp. salt  
1 tsp. vanilla

Preheat oven at 325°. Add oatmeal to boiling water; let stand for 20 minutes. Mix sugars and add to margarine; cream. Add eggs, beating after each addition. Add oatmeal to creamed mixture. Sift dry ingredients together; add to creamed mixture and stir to blend. Add vanilla. Bake in greased and floured glass 12x7-1/2x3/4" oven dish. Bake for 35 minutes or until cake springs back when pressed with finger.

Carol Trejo



OATMEAL CAKE

1 c. quick oats ) Mix and let stand for 20  
1 stick margarine ) minutes.  
1-1/2 c. boiling water )

1 c. brown sugar) Mix together with oat mixture.  
1 c. white sugar) Bake 350° for 35 minutes in a  
2 eggs ) 9x13" pan.  
1-1/2 c. flour )  
1 tsp. soda )  
1 tsp. cinnamon )  
1/2 tsp. salt )  
1/2 tsp. nutmeg )

Oatmeal Frosting: 4 Tbsp. margarine  
1/2 c. sugar  
1/4 c. milk (use a little less)  
1 c. coconut  
1/2 c. nuts  
2-1/2 tsp. vanilla

Mix. Put on top of cake and brown in broiler.

Sally Pitner

OATMEAL-BANANA CUPCAKES

1/2 c. sugar  
1/2 c. butter  
2 eggs  
3 medium bananas, mashed (1 cup)  
3/4 c. honey  
1-1/2 c. flour  
1 tsp. baking powder  
1 tsp. baking soda  
3/4 tsp. salt  
1 c. quick-cooking rolled oats

In mixer bowl, cream together sugar and butter. Beat in eggs, bananas and honey. Stir together flour, baking powder, soda and salt. Add to creamed mixture, beating just till blended. Stir in oats. Fill 24 muffin pans lined with paper bake cup 2/3 full with batter. Bake in 375° oven for 18 to 20 minutes. Remove and cool on wire rack.

Barbara Duever

PINA COLADA CAKE

1/3 c. Bacardi dark rum  
1 pkg. (4-serving size) Jell-O Coconut Cream or  
Vanilla flavor Instant Pudding and Pie Filling\*  
\*With Vanilla Pudding increase water to 3/4 c.  
and add 1 c. flaked coconut to batter  
1 pkg. (2-layer size) white cake mix  
4 eggs  
1/2 c. water  
1/4 c. oil  
1 c. flaked coconut

Blend all ingredients except coconut in large bowl.  
Beat 4 minutes at medium speed of electric mixer.  
Pour into greased and floured 9" layer pans. Bake at  
350° for 25-30 minutes or until cakes spring back  
when lightly pressed. Do not underbake. Cool in pan  
15 minutes. Remove and cool on racks. Fill and  
frost. Sprinkle with coconut. Chill. Refrigerate  
leftover cake.

Frosting: Combine 1 8oz. can crushed pineapple in  
juice; 1 pkg. Jell-O Coconut Cream or  
Vanilla Instant Pudding and 1/3 c. Bacardi  
dark rum in bowl. Beat until well blended.  
Fold in 1 9oz. container frozen whipped  
topping, thawed.

Susan Lloyd  
Joan Johnston

POUND CAKE

1 lb. margarine  
1 lb. powdered sugar  
6 eggs  
3 c. cake flour (sifted)  
1-1/2 tsp. vanilla extract

Preheat oven to 325°. Lightly grease tube or Bundt pan.  
In large mixing bowl cream margarine and sugar. Add  
eggs one at a time mixing thoroughly after each egg.  
Add flour and vanilla. Mix until texture is smooth.  
Turn into pan. Bake 325° 1-1/2 hours or until done.  
Turn pan upside down over rack to cool.

Sandra Dorf



PUMPKIN CAKE

1 box yellow cake mix  
3/4 c. melted butter  
3 eggs  
2 c. pumpkin  
2/3 c. milk  
1/2 c. brown sugar  
1 tsp. pumpkin pie spice  
1/4 c. sugar  
1/4 tsp. cinnamon

Reserve 1 cup of dry cake mix. To rest of cake mix add 1/2 cup of the melted butter and one of the eggs. Mix and put in 9x13" pan. Combine pumpkin, 2 eggs, milk, brown sugar and pumpkin pie spice. Pour over cake batter. To the remaining cup of cake mix add 1/4 cup sugar, 1/4 tsp. cinnamon, and 1/4 cup butter. Mix to crumble and sprinkle over top of cake. Bake in pre-heated 350° oven for 45-50 minutes.

Terri De Sario

ROSY APPLE CAKE

1 c. flour  
1 egg, slightly beaten  
1 Tbsp. milk  
1 tsp. baking powder  
2 Tbsp. butter or margarine

Mix ingredients together. Roll and place in 7x11" pan. Add 6 pared and sliced large apples. Then sprinkle with 1 3oz. package raspberry gelatin.

Make topping of: 1/2 c. sugar  
1 c. flour  
1/2 c. butter

Sprinkle over top and bake in 375° oven for 45 minutes.

Beverly Jur

SNICKERDOODLE CUPCAKES

1/2 c. butter or margarine  
1 c. sugar  
2 eggs  
1 tsp. vanilla  
2 c. sifted cake flour  
2-1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 c. milk

Topping: 1/4 c. chopped walnuts or pecans  
3 Tbsp. sugar  
1-1/2 tsp. cinnamon

Cream butter and sugar until light and fluffy. Add eggs and vanilla; beat alternately with milk, beating smooth after each addition. Set paper baking cups in medium muffin pans; spoon batter into pans, filling half full. Combine topping ingredients; sprinkle over batter. Bake at 375° for 20 minutes, or until done. Makes 2 dozen.

Harriet Johnson Naden

SOUR CREAM COFFEE CAKE

1/4 lb. margarine  
1 c. sugar  
2 eggs  
1 c. sour cream  
2 c. flour  
1 tsp. soda  
1 tsp. baking powder  
1 tsp. vanilla

Preheat oven to 375°. Grease tube pan. Melt 1/4 lb. margarine. In large bowl cream sugar and eggs, and melted margarine. Sift dry ingredients and add to mixture. Add vanilla and beat until smooth. Put half of batter in greased tube pan. Cover with a little more than 1/2 of topping. Add remaining batter and topping. Bake at 375° 40 minutes. Let cake cool 5 minutes before turning over.

Sandra Dorf



TEXAS SHEET CAKE

2 sticks margarine  
2 c. sugar  
4 Tbsp. cocoa  
1 c. water  
1/2 c. sour cream  
2 c. flour  
1 tsp. baking soda  
2 eggs

Melt cocoa, water and margarine together. Add dry ingredients. Add eggs and sour cream last. Put in greased cookie sheet. Bake in 375° oven 20-22 minutes.

Frosting: 1 stick margarine  
1 box confectioners sugar  
1 tsp. vanilla  
4 Tbsp. cocoa  
6 Tbsp. milk  
1 c. ground nuts

Melt cocoa, milk and margarine together. Mix in sugar, vanilla and nuts. Put on warm cake.

Keith Strew

YOGURT WALNUT CAKE

3 sticks softened butter  
6 eggs, separated  
1 c. sugar  
16oz. yogurt  
1-1/2 c. raisins  
1-1/2 c. walnuts  
1 tsp. vanilla  
1 tsp. orange bits  
2 tsp. soda  
3 c. flour

Cream butter and sugar. Then add egg yolks, one by one. Add yogurt, raisins, and chopped walnuts. Fold in beaten egg whites. Sift soda and flour and then add to batter with a wooden spoon. Pour into a greased and floured pan and bake at 350° for 40-45 minutes. Cake is done when toothpick inserted in center comes out clean.

(Continued)

YOGURT WALNUT CAKE - Continued

Syrup: 1-1/2 c. sugar  
Dash of cinnamon  
1 c. water  
Dash of lemon juice

Boil above for 15 minutes. Pour on top of cooled cake.

Tina Stavropoulos

ZUCCHINI BREAD CAKE

3 c. flour  
2 c. sugar  
1/4 tsp. baking powder  
1 tsp. salt  
1 tsp. baking soda  
3 tsp. cinnamon  
1/4 tsp. cloves  
1/4 tsp. nutmeg  
3 eggs  
1 c. vegetable oil  
2 c. peeled and grated zucchini  
3 tsp. vanilla

Combine all dry ingredients in a bowl and set aside. In another bowl mix oil, vanilla and zucchini and add to dry ingredients. Add eggs and blend well. Bake at 325° for 1 to 1-1/2 hours in 2 loaf pans (greased). Cool and remove.

Topping: 1/2 c. butter (softened)  
8oz. cream cheese (softened)  
2 Tbsp. milk  
2 c. confectioners sugar  
1 tsp. vanilla

Mix well and spread on top of bread.

Barbara Duever



FROSTINGSQUICK FLUFFY CHOCOLATE FROSTING

- 1-1/2 c. cold milk
- 1 envelope Dream Whip
- 1 pkg. Instant Pudding (Chocolate)

Pour milk into deep mixing bowl; add whipped topping mix and pudding mix. Beat at low speed until well blended. Gradually increase speed to high and whip until mixture forms soft peaks - 4-6 minutes. Ice cake. Store in refrigerator.

Marilyn Cunningham

CONFECTIONARYFUDGE

- 3 c. sugar
- 3/4 c. margarine
- 2/3 c. evaporated milk
- 1 12oz. pkg. chocolate chips
- 1 7oz. jar Kraft Marshmallow Creme
- 1 c. chopped nuts, optional
- 1 tsp. vanilla

Combine sugar, butter, and milk in a heavy 2-1/2 qt. saucepan. Bring to a full boil, stirring constantly. Continue to boil 5 minutes over medium heat, stirring constantly. Remove from heat. Stir in chocolate chips until melted. Add marshmallow creme, nuts and vanilla. Beat until well blended (wooden spoon). Pour into greased 13x9" pan and cool at room temperature. Cut into squares. Makes approximately 3 lbs.

Nancy Robbins

FUDGE (GOOD & EASY)

4-1/2 c. sugar  
1 large evaporated milk  
1 12oz. chocolate chips  
3 bars German Sweet Chocolate  
108 miniature marshmallows  
1 tsp. vanilla  
1 tsp. salt  
1-1/2 c. chopped pecans

Boil sugar and evaporated milk together for 5 minutes. Stir constantly. Remove from flame and add remaining ingredients immediately. Cool and cover with wax paper, using a 13x9" pan.

Eileen Sheehan

JIFFY FUDGE

1 lb. confectioners sugar  
1/2 c. cocoa or 2 squares chocolate  
1/2 tsp. salt  
1/2 c. chopped pecans (optional)  
6 Tbsp. butter  
4 Tbsp. milk  
1 tsp. vanilla

Combine all except nuts in double boiler. Cook and stir until soft and smooth. Mix in nuts, beat, pour in dish, and refrigerate until set (about 1/2 hour).

Marty Zilic

PEANUT BUTTER FUDGE

2 c. sugar  
2/3 c. milk  
1 c. peanut butter  
1 7oz. jar Marshmallow Creme  
1 tsp. vanilla

Cook sugar and milk to soft ball stage. Pour into peanut butter and marshmallow. Mix well. Pour into buttered pan (7x9"). Let cool. Cut into squares.

Jennifer Pfeifer



GENUINE NEW ORLEANS PRALINES

2 c. sugar, combined with  
1 c. Half & Half, and  
1 Tbsp. butter

Bring above ingredients to a boil. In a separate saucepan, melt 1/2 cup sugar until it is a caramel color. Add sugar, cream and butter mix to caramel mixture. Add 2 cups pecan halves and cook to the soft ball stage (235° on candy thermometer). Remove from heat and beat until thick. Drop by spoonful on waxed paper and leave to harden.

Ken Johnson

SWEDISH - NUTS

2 egg whites  
1 c. sugar  
1/4 lb. margarine  
1 lb. pecan halves

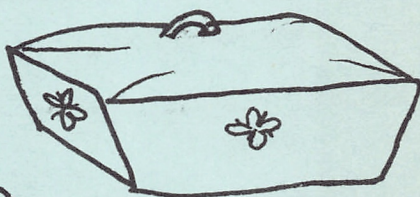
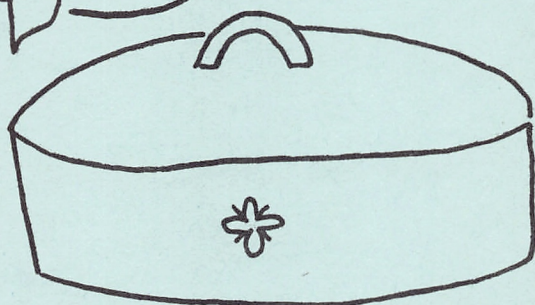
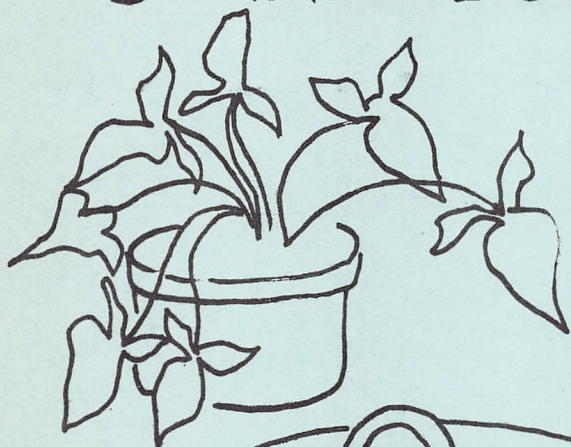
Beat egg whites until stiff. Gradually add sugar, beating until like meringue. Add nuts to mixture until all are coated. Melt margarine in 9x12" pan - add nut mixture. Bake for one hour in 325° oven. Mix every 15 minutes while baking.

Lorraine Jur





# Casseroles



## KITCHEN METRICS

### CONVERSIONS

16 tablespoons = 1 cup  
1 cc = 1 cm<sup>3</sup> = 1 cubic  
centimeter  
236 cm<sup>3</sup> = 1 cup  
2.2 pounds = 1 kilogram (kg)  
1 ounce = 30 grams  
3 teaspoons = 1 tablespoon  
1 teaspoon = 5 cm<sup>3</sup>  
1 tablespoon = 15 cm<sup>3</sup>  
1 pint = 500 cm<sup>3</sup>  
1 quart = 1000 cm<sup>3</sup>

### ALL PURPOSE FLOUR

1 cup = 140 grams  
2/3 cup = 100 grams  
1/2 cup = 70 grams  
1/4 cup = 35 grams

### GRANULATED SUGAR

1 cup = 190 grams  
2/3 cup = 125 grams  
1/2 cup = 95 grams  
1/4 cup = 50 grams

### LIQUID MEASUREMENTS

2 cups = 1/2 litre  
1 cup = 1/4 litre  
3/4 cup = 1/6 litre  
2/3 cup = 1/7 litre  
1/2 cup = 1/8 litre  
1/3 cup = 1/15 litre  
1/4 cup = 1/16 litre

### BUTTER & SHORTENING

(Packed - 8 oz cup)  
2 cups = 400 grams  
1 cup = 200 grams  
1/2 cup = 100 grams  
1/4 cup = 50 grams



CAULIFLOWER WITH SHRIMP CASSEROLE

1 large head of cauliflower  
1/2 can of shrimp soup  
1/2 can of cheddar cheese soup  
1 c. sour cream  
Slivered almonds  
Salt and pepper  
1 tsp. chopped chives OR green onion tops  
1 small bag tiny, frozen shrimp, thawed and drained

Break cauliflower into pieces. Boil in salted water until just tender. Mix soups and sour cream, add shrimp, salt, pepper, and chives or onion tops.

Put cauliflower into casserole dish, cover with sauce mixture, and sprinkle with almonds.

Bake uncovered for 30 minutes at 350°.

M. Josephson

BAR-B-QUE MEATBALLS

1 lb. ground meat  
1/8 tsp. pepper  
1 tsp. salt  
2/3 c. milk  
3/4 c. oatmeal

Bar-B-Que Sauce: 2 Tbsp. Worcestershire sauce  
1/2 c. ketchup  
2 Tbsp. vinegar  
2 Tbsp. brown sugar  
2 Tbsp. prepared mustard

Combine meat, seasonings, milk and oats: shape into 12 meatballs. Brown on all sides in hot fat. Combine all ingredients and make sauce. Place meatballs in casserole: pour sauce over top. Cover and bake at 350° for 30 minutes.

Vicky Ohlson

CHICKEN DEVINE

2 (10oz.) pkg. frozen broccoli (cook until tender)  
2 c. cooked sliced chicken  
2 cans cream of chicken soup  
1 c. mayonnaise  
1 tsp. lemon juice  
1/2 tsp. curry powder  
2-3 Tbsp. sherry  
1/2 c. shredded cheddar cheese  
1/2-1 c. soft bread crumbs  
2 Tbsp. butter (melted)  
Slivered almonds

Arrange broccoli in square greased baking dish; place chicken in layers on top. In a bowl, mix soup, lemon juice, mayonnaise, curry powder and sherry. Blend well. Pour over chicken and broccoli. Sprinkle cheese over. Saute butter, bread crumbs and nuts. Sprinkle over top. Bake 30 minutes at 350°.

Great for leftover turkey also.

Sharon Rehling

CHICKEN A LA CAN CAN

1 can cream of chicken soup  
1 can cream of celery soup  
1 soup can water  
1 COOKED boned chicken (cut into pieces)  
1-1/3 c. Minute Rice  
1 can French Fried Onions

Combine soups, water and chicken. Add rice, stir to mix. Put into 2 qt. casserole. Bake at 325° for 45 minutes. Top with onion rings last 3 minutes. 4 to 6 servings.

Marie Beighley



CHICKEN-WILD RICE CASSEROLE

2 (3 lb.) whole fryer chickens  
1 c. water  
1 c. dry sherry  
1-1/2 tsp. salt  
1/2 tsp. curry powder  
1 medium onion, sliced  
1 small jar button mushrooms  
2 (6oz.) pkgs. long-grain and wild rice with seasonings  
1 c. sour cream  
1 can cream of mushroom soup

Place chickens in a deep kettle, add water, sherry, salt, curry powder, onion, and celery. Cover and bring to a boil; reduce heat and simmer 1 hour. Remove from heat, strain broth. Refrigerate chicken and broth at once, without cooling first.

When chicken is cool, remove meat from bone; discard skin. Cut meat into bite-size pieces.

Measure chicken broth; use as part of the liquid for cooking rice, following directions for firm rice on the package. Combine chicken and rice in 9x11" casserole dish. Blend in sour cream and mushroom soup and toss with the chicken and rice mixture. Arrange mushrooms on top of casserole. Cover; refrigerate overnight if desired. May be frozen for later use, too, but be sure to defrost thoroughly. Bake covered at 350° for 1 hour.

Phyllis Perivalidis

CORNEB BEEF CASSEROLE

8oz. macaroni  
12oz. corned beef  
1 can cream of chicken soup  
1/2 c. milk  
1/4 lb. American or Velveeta cheese, cubed  
1/2 c. chopped onion  
3/4 c. buttered bread crumbs

(Continued)

CORNEB BEEF CASSEROLE - Continued

Mix cooked macaroni, corned beef, cheese and onion in large casserole dish. Mix soup and milk in a small saucepan and heat. Pour over other ingredients in casserole and mix thoroughly. Top with bread crumbs. Bake at 350° for 30 minutes.

Carol Guthrie

BAKED EGGS

2 c. shredded cheddar  
1/4-1/2 c. butter  
12 eggs, beaten  
1 c. half and half  
1/2 tsp. salt  
1/4 tsp. pepper  
2 tsp. dry mustard

Put half of cheese in bottom of lightly greased 9x9" glass baking dish and dot with butter. Combine beaten eggs, half & half, salt, pepper and mustard. Pour over cheese. Sprinkle remaining cheese on top and dot with rest of butter. Bake at 325° for 40 minutes. Serves 8.

Diana Duffin

EGG AND CHEESE SOUFFLE - Serves 6-8

7 slices fresh bread, cubed  
3/4 lb. grated medium cheddar cheese  
5 eggs, lightly beaten  
1-1/2 c. light cream  
1/2 tsp. salt  
Pinch of pepper  
About 1/2 lb. bacon, cut up

Butter 1-1/2 qt. casserole. Alternate layers of bread and cheese, ending with cheese on top. Sprinkle bacon over cheese. Add egg and milk mixture. Refrigerate overnight. Bake at 350° for 1 hour uncovered.



SCRAMBLED EGG CASSEROLE

10 to 1 dozen eggs  
1 lb. pure pork sausage  
2 dashes pepper  
5 slices of 3 day old bread, cubed  
2 c. milk  
1/2 tsp. salt

Brown sausage and drain. Beat eggs till broken. Add milk and cubed bread and mix together. Refrigerate overnite. Bake at 350°, 30-35 minutes.

Alice Groat

GOLDEN GATE SCAMPI

1 pkg. Spanish Rice-a-Roni  
1 lb. can tomatoes  
2 4-1/2oz. cans shrimp  
1 can mushrooms  
1/3 c. dry white wine

Prepare Rice-a-Roni according to package directions, using the 1-lb. can of tomatoes. In a 2-1/2 qt. casserole, combine cooked rice, shrimp, mushrooms and wine. Bake at 350° for 20 minutes.

Judy Greene

GROUND BEEF & BROWN RICE CASSEROLE

1 c. brown rice  
1 lb. ground beef  
1 small onion, diced  
1 pkg. frozen chopped spinach  
1 can cream of mushroom soup  
3 or 4 slices Monterey Jack cheese

Cook brown rice according to package directions. While rice is simmering, cook ground beef and onion until beef is brown and crumbly. (I find it's usually not necessary to use any extra fat for browning ground beef.) Also, cook spinach according to package directions and drain. Pour cooked rice, beef and onion,

(Continued)

GROUND BEEF & BROWN RICE CASSEROLE - Continued

and spinach along with cream of mushroom soup into buttered 2-1/2 quart casserole. Fold all ingredients together well. Top with slices of Jack cheese (or your favorite). Bake at 350° 20 to 30 minutes, or until center of casserole begins to bubble. Serves six.

You can also use fresh spinach or swiss chard in place of frozen, if you prefer, and simply simmer it in a little salted water until tender.

Cheryl Hosemann

HAM & BROCCOLI CASSEROLE

- 2 10oz. pkg. chopped broccoli
- 2 c. cut-up cooked ham
- 1-1/2 c. shredded cheddar cheese (6oz.)
- 1 c. Bisquick mix
- 3 c. milk
- 4 eggs

Heat oven to 350°. Cook broccoli and drain. Spread in ungreased rectangular bake dish, 13x9x2". Layer ham and cheese over broccoli. Beat remaining ingredients with hand beater until smooth; slowly pour over cheese. Bake uncovered 1 hour. 6-8 servings.

Mrs. Padal

7 MINUTE HAMBURGER IN A PEA PATCH

- 1 lb. ground beef
- 1 can O & C French Fried Onions
- 1 pkg. (10z.) onion gravy mix
- 1/4 tsp. garlic salt
- 1-1/2 c. water
- 1/3 c. rice
- 1 pkg. (10oz.) frozen peas
- 1 can (5oz.) water chestnuts (optional)

(Continued)



7 MINUTE HAMBURGER IN A PEA PATCH - Continued

Brown ground beef; pour off drippings. Blend in gravy mix, garlic salt, water and uncooked rice. Bring to a boil. Reduce heat to low, cover; simmer 15 minutes. Stir in thawed peas, water chestnuts. Continue to simmer until rice is tender. Stir in Onions. Serve with soy sauce. Serves 4-6.

Marie Beighley

HASH BROWN CHEESE CASSEROLE

- 2 pkgs. frozen hash browns (12oz. each)
- 2 c. sour cream
- 1 can cream of chicken soup
- 1/2 c. butter (melted)
- 1 tsp. salt
- 1 Tbsp. minced onion
- 2 c. shredded cheddar cheese
- 2 c. coarsely crushed corn flakes mixed with  
1/4 c. melted butter

Place potatoes in colander, let stand til completely thawed and excess moisture has drained off. Combine sour cream, soup and butter. Mix well. Blend in potatoes. Place mixture in shallow 2 qt. casserole. Sprinkle corn flake mixture on top. Bake uncovered in a 350° oven for 50 minutes or until golden brown and bubbly.

\*This recipe is best when assembled not more than 2 hours before going into oven.

Linda Gibbon

MEXICALI DINNER

- 1 lb. ground beef
- 1 medium onion - chopped
- 8oz. medium noodles, cooked and drained
- 1-1 lb. can (2 c.) tomatoes
- 1 6oz. can tomato paste
- 1 c. shredded sharp process American cheese
- 1/2 c. sliced ripe olives
- 1 tsp. salt

(Continued)

MEXICALI DINNER - Continued

1/8 tsp. pepper  
1/4 tsp. basil  
1/2 c. more American cheese

Brown ground beef in large skillet or Dutch oven; add onion and cook until tender. Stir in noodles, tomatoes, paste, 1 cup cheese, olives, and seasonings. Place in 2 qt. casserole. Top with 1/2 cup shredded cheese. Bake at 350° for 45 minutes. Makes 6 servings.

Marge Johnson

MUNICH KRAUT & KNACKWURST

1 large onion (sliced)  
1/2 stick margarine  
1 large red apple (cored & diced)  
29oz. sauerkraut, washed & drained  
3 Tbsp. brown sugar  
1 tsp. caraway seeds  
1 lb. Knackwurst, scored  
1/2 beer or dry white wine

Saute' onion until soft, then add apples and saute' 2 minutes. Stir in sauerkraut, brown sugar and caraway seeds; toss lightly, spoon into 8 cup casserole. Saute' Knackwursts in same pan 5 minutes or until brown. Arrange on sauerkraut; drizzle beer or wine over top. Bake at 375° for 30 minutes. Serves 4. Serve with mustard or dill pickles.

Carol Trejo

ITALIAN SAUSAGE STRATA

1/2 lb. Italian sausage  
1/2 c. chopped green pepper  
1/2 c. chopped onion  
1 can (16oz.) tomatoes - drained  
1/2 loaf Italian bread  
3 eggs  
1 tsp. salt  
1 Tbsp. grated Parmesan cheese

(Continued)



ITALIAN SAUSAGE STRATA - Continued

Brown sausage in large skillet (remove casing) breaking up with wooden spoon. Add onion and green pepper. Cook 5 minutes. Add tomatoes, breaking up pieces. Cook 15 minutes to remove most of the liquid.

Slice bread, place half the slices in bottom of 8x8x2" baking pan. Spread on meat mixture. Top with the remaining bread.

Beat eggs in medium size bowl. Stir in milk and salt. Pour over bread. Sprinkle with cheese. - Cover and refrigerate, several hours - or overnight.

Bake 1 hour at 350°. Let stand 10 minutes on wire rack.

Andrea Corboy

SHELL CASSEROLE

- 1 lb. ground round
- 2 12oz. cans tomato sauce
- 1 lb. box macaroni shells
- 1 small onion
- 1 clove garlic
- 1 Tbsp. oregano
- 2 Tbsp. Parmesan cheese

In large frying pan break up ground round and brown. Add chopped onion, oregano, parmesan, garlic, salt and pepper to taste. Simmer 5 minutes. Cook macaroni shells according to package directions. In large casserole dish combine: shells, ground meat mixture, 2 cans tomato sauce and stir with a spoon. Sprinkle lightly with parmesan cheese and bake for 1 hour at 325°.

Janet Laz

SHRIMP CREOLE

- 2 Tbsp. butter
- 1/4 c. onion, chopped
- 1/2 c. chopped pepper
- 2 Tbsp. cornstarch
- 1 can tomatoes

(Continued)

SHRIMP CREOLE - Continued

1/2 tsp. salt  
1/2 tsp. paprika  
1 clove garlic, crushed  
1/8 tsp. pepper  
1/2 tsp. basil leaf  
3 c. shrimp

Brown onion and pepper in melted butter. Stir in remaining ingredients. Bring to a boil. Lower heat and simmer 15 minutes. Serve over rice.

M. Culliton

TANGY TUNA CASSEROLE - Serves 4-6

1 pkg. Kraft Tangy Spaghetti Dinner  
2 6oz. cans tuna, drained  
1 can mushroom soup  
3 Tbsp. sherry  
1 can sliced mushrooms  
1 c. shredded cheddar cheese  
1/4 c. slivered almonds

Cook spaghetti from dinner package. Meanwhile, in large bowl, mix together the mushroom soup, sherry, seasoning packet from the dinner package, tuna and mushrooms. Drain cooked spaghetti well and combine with tuna mixture. Pour into flat baking dish (6x12"). Top with cheese and almonds. Bake at 350° til bubbly, about 25-30 minutes.

Judy Greene

TUNA SOUFFLE BAKE

8 slices day old bread  
1 can 7oz. tuna, drained  
1 can 4oz. mushrooms, drained  
2 c. (8oz.) shredded cheese  
3 eggs, slightly beaten  
1 tsp. prepared mustard  
1/2 tsp. salt  
1/2 tsp. onion salt

(Continued)



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TUNA SOUFFLE BAKE - Continued

1/8 tsp. pepper

1-1/2 c. milk

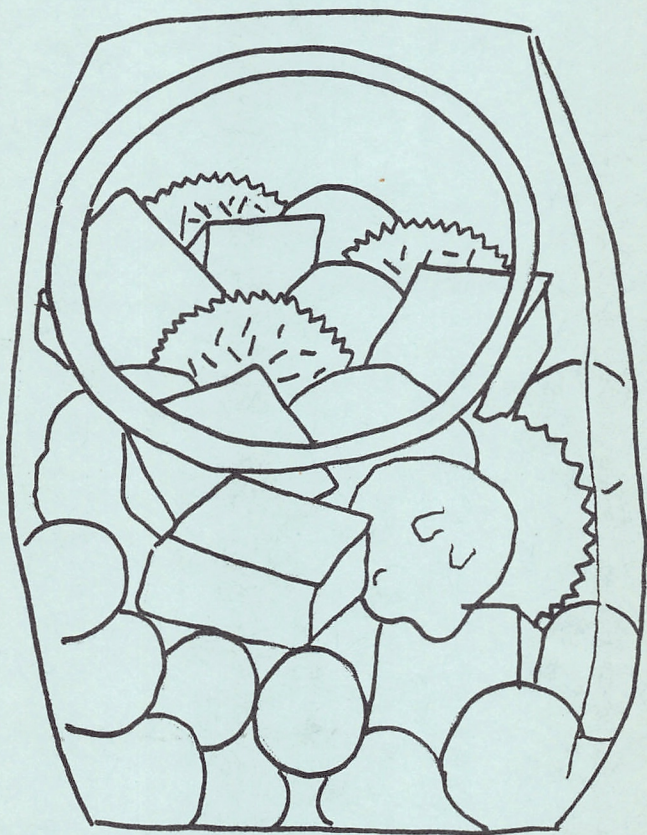
Trim crusts from bread, cube. Place 1/2 of bread cubes in 2 qt. casserole - add tuna, mushrooms and 1/2 of cheese. Top with remaining bread, then cheese. Blend eggs, mustard, salt and pepper. Add milk. Pour over casserole and bake 60-70 minutes at 325° until set.

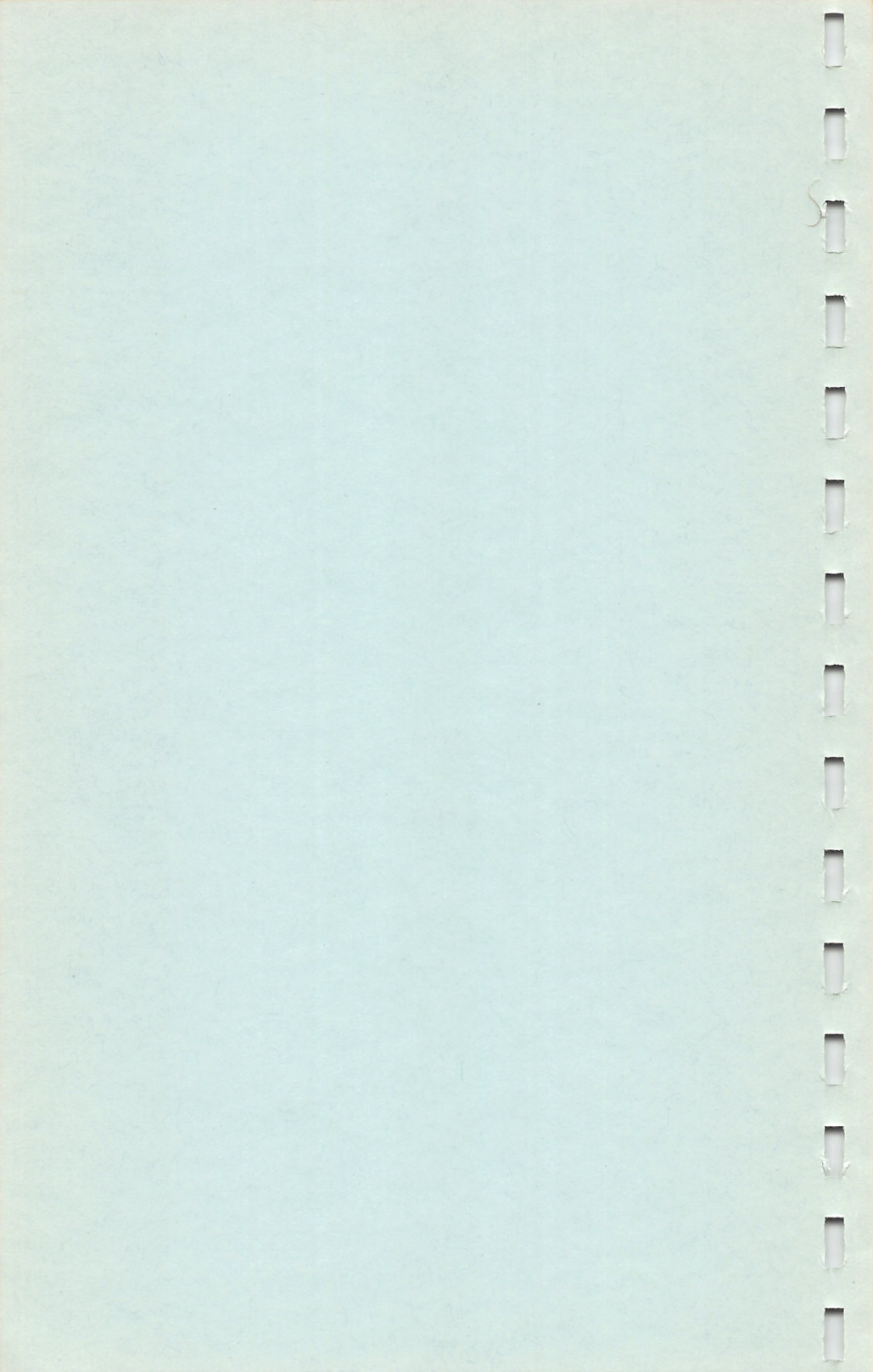
Fran Howard





# Cookies







AGGRESSION COOKIES

- 3 c. brown sugar
- 3 c. margarine or butter (or 1-1/2 c. each)
- 6 c. oatmeal
- 3 c. flour
- 1 Tbsp. baking soda

Put all this in huge bowl and mash, knead, squeeze. Form into small balls on ungreased cookie sheet. Butter bottom of glass, dip in granulated sugar and mash balls flat. (You need butter glass bottom only once or twice, but re-dip in sugar for each ball.) Bake at 350° for 10 to 12 minutes.

Carol McGuire

K.C.'s APPLESAUCE BARS

- 1 c. honey
- 1 c. vegetable oil
- 2 eggs
- 1/4 c. blackstrap molasses
- 1 c. unsweetened applesauce
- 2-1/2 c. whole wheat flour
- 1/2 c. millet meal
- 2 Tbsp. cinnamon
- 1/2 c. sunflower seeds (whole)
- 1 c. raisins/steamed

Blend all ingredients in order given. Pour batter into 8" square pan. Bake at 375° 20-25 minutes. Yield 2 dozen bars.

Sue Erickson

APRICOT BARS

- 1/2 lb. butter
- 1 c. sugar
- 1 12oz. jar of apricot preserves
- 2 c. flour
- 1/2 c. chopped pecans
- 1-1/2 c. flaked coconut

(Continued)

APRICOT BARS - Continued

Cream butter, sugar, flour, nuts and coconut. Press 3/4 of mixture in buttered cookie sheet. Bake 10 minutes at 350° oven. Then add apricot preserves all over top. Top with remaining mixture with 1 heaping Tbsp. of flour to make more crumbly. Bake 20-25 minutes at 350°.

Caroll Panczyk

APRICOT BARS

CRUST: 1 c. butter  
1/2 tsp. vanilla or almond flavoring  
1/2 c. sugar  
2 c. flour

TOPPING: 2 egg whites  
1 c. confectioners sugar  
1/2 c. slivered almonds  
1 12oz. jar Apricot Preserves

Cream butter, sugar and vanilla until light and fluffy; add flour. Mix well. Spread in cookie pan (approx. 15x11"). Bake dough on bottom rack for 15 minutes in a 350° oven. Cool.

Spread preserves over baked dough gently. Beat egg whites slightly with confectioners sugar (will be like a glaze). Spread over preserves and sprinkle almonds on top. Bake on top rack in a 400° oven 20 minutes or less.

Mary Ann Balla

BLOND BROWNIES

3 eggs well beaten  
1 stick butter melted  
1-1/2 c. sugar  
Pinch of salt  
1/2 tsp. baking powder  
3/4 c. chopped nuts  
3/4 c. flour  
1 tsp. vanilla  
3 Tbsp. cocoa

(Continued)



BLOND BROWNIES - Continued

Melt butter in sauce pan; add sugar, cocoa, salt, baking powder, vanilla and flour. Add well beaten eggs. Mix thoroughly. Bake in a well greased pan 8 or 9" square. 325° oven for 35 minutes. Since these stay soft they can be cut as used.

Mrs. Cathy Dolan

BROWNIES

Melt together: 1/2 c. margarine  
2 squares baking chocolate

Add: 1-1/4 c. sugar  
3 eggs

Add: 3/4 c. sifted flour  
1/2 tsp. baking powder  
1/2 tsp. salt  
Chopped nuts (optional)

Mix together. Bake at 350° for 30 minutes.

Frosting - Combine: 2 Tbsp. margarine  
1/4 c. cocoa  
1/4 tsp. salt  
1 tsp. vanilla  
3 Tbsp. milk  
1-3/4 c. powdered sugar

Mix a little milk then sugar until mixed. Add more milk or sugar if needed.

Sally Pitner

BUTTERMILK BROWNIES

2 c. sugar  
2 c. flour  
1 c. butter  
1/4 c. cocoa  
1 c. water  
1/2 c. buttermilk (may add 1 Tbsp. lemon juice to whole milk)

(Continued)

BUTTERMILK BROWNIES - Continued

2 eggs, slightly beaten  
1 tsp. baking soda  
1 tsp. vanilla

Sift sugar and flour into large bowl. Combine butter, cocoa and water in a saucepan and cook to boiling. Pour over sugar/flour mixture and mix. Add remaining ingredients. Pour into greased jelly roll pan or cookie sheet with 1" edge. Bake 20 minutes at 400°. Prepare icing 5 minutes before cake is done.

Icing: 1/2 c. butter  
1/4 c. cocoa  
6 Tbsp. milk  
1 lb. confectioners sugar  
1 tsp. vanilla

Cook butter, cocoa and milk to boiling; remove from heat. Add confectioners sugar and vanilla. Mix thoroughly with beater. Spread over brownies while hot!

Joanne Henninger

DENNY'S BROWNIES

1-1/2 c. honey  
2 Tbsp. molasses  
1/4 c. vegetable oil  
4 eggs, beaten  
2 tsp. vanilla  
1 tsp. cinnamon  
1/2 c. Carob powder  
1 c. powdered milk  
2 c. wheat germ  
1 c. chopped nuts  
2-1/4 c. graham flour

Blend all ingredients in order given. Turn into 2 greased and floured pans (8x8x2"). Bake at 350° for 30-35 minutes. Cut into 2x2" squares. Yield: 2-1/2 dozen.

Sue Erickson



AUNT META'S BUTTER COOKIES

1/2 lb. butter  
2 c. flour  
1/2 c. sugar  
1 tsp. almond extract  
1 egg yolk

Mix all ingredients, roll into ball (one inch), flatten.  
Place half pecan into center. Bake 375°, 10 minutes.

Susan Lorenz

DUTCH BUTTER COOKIES

1 c. butter )  
3/4 c. raw, or brown sugar ) Cream together  
  
1 egg, separated ) Beat in egg yolk, vanilla and  
1 tsp. vanilla ) salt to creamed mixture  
1/4 tsp. salt )

1-1/2 c. whole wheat flour ) Stir  
1 c. unbleached white flour )

Press mixture into well-buttered 15x10x1" jelly roll pan. Sprinkle with 1/2 cup chopped pecans and press them in. Beat egg white lightly and brush over top. Bake 375° - 20 minutes. Cut into squares while hot. Cool in pan. Yield: 5 dozen squares.

Judy Streeter

BUTTER-NUT COOKIES

1/2 c. butter  
2/3 c. granulated sugar  
1 egg yolk  
1/2 tsp. vanilla  
1/8 tsp. cream of tartar  
1 c. flour  
1/3 c. finely ground or chopped nuts (pecan halves or walnut halves)

(Continued)

BUTTER-NUT COOKIES - Continued

Cream butter and sugar; add egg yolk and vanilla. Beat until light and fluffy. Beat in cream of tartar, stir in flour and nuts. Drop by 1/2 tsp. on lightly greased cookie sheet, 1 inch apart. Press pecan half on each cookie. Bake 300° oven for 23-25 minutes, until rich golden brown. Cool.

Kathy Jensen

CHOCOLATE COOKIES

1 c. brown sugar  
1/2 c. melted margarine or butter  
1 egg  
1/2 c. sour milk  
2 c. flour  
1/2 tsp. soda  
2 squares chocolate, melted  
1 c. walnuts  
1 tsp. salt

Cream sugar, butter and eggs. Dissolve soda in sour milk; add flour and milk alternately to first mixture. Add melted chocolate and nuts and bake at 375°. Use spoon and drop on greased tin. Bake 8 or 10 minutes.

Icing: 1/4 c. boiling water  
1 Tbsp. butter  
1-1/2 square chocolate  
Powdered sugar

Boil this and let cool. Add powdered sugar until right consistency to spread. Top with a nut meat.

Barbara Cella

CHOCOLATE-BROWNIE COOKIES

2 squares unsweetened chocolate  
1/2 c. butter  
1 c. sugar  
1 c. flour  
1 tsp. baking powder  
1/2 c. nut meats  
2 eggs  
1 tsp. vanilla

(Continued)



CHOCOLATE-BROWNIE COOKIES - Continued

Melt chocolate and butter over low flame. Remove and add sugar, flour, eggs, baking powder, nuts, and vanilla. Chill 1 hour. Roll in balls the size of walnuts, then in powdered sugar. Bake 12 to 15 minutes at 300° on lightly greased cookie sheets.

Judy Wathen

SOFT CHOCOLATE CHIP COOKIES

2/3 c. shortening  
2/3 c. margarine  
1 c. granulated sugar  
1 c. brown sugar (packed)  
2 eggs  
2 tsp. vanilla  
1 tsp. soda  
1 tsp. salt  
3 c. flour  
12oz. chocolate chips

Mix thoroughly all of the above in order given. Drop by teaspoonful on greased sheet. Bake 7 minutes at 375°. Makes about 7 dozen.

Donna Henry

CHOCOLATE SNOWBALLS

1 c. soft butter or margarine  
1/2 c. sugar  
1 tsp. vanilla  
2 c. sifted all-purpose flour  
1 c. finely chopped walnuts  
1 pkg. chocolate stars  
Confectioners sugar

Beat butter, sugar and vanilla until light and fluffy. Add sifted flour and nuts; blend well. Chill dough. Using about 1 Tbsp. dough for each, shape dough around chocolate star, being sure to cover completely. Bake on ungreased cookie sheet at 375° for 12 minutes, or until set but not brown. Cool slightly; remove to wire rack. While still warm, roll in confectioners

(Continued)

CHOCOLATE SNOWBALLS - Continued

sugar; cool. Store in tightly covered container. Roll in sugar again before serving, if desired. (About 40 cookies).

Millie Paul

CHOCOLATE SUNDAE BARS

1 c. butter  
2 c. flour  
1 pkg. Coconut Pecan or Coconut Almond Frosting Mix  
1 egg

Filling: 2 eggs, beaten  
1 c. firmly packed brown sugar  
2 Tbsp. flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
1 tsp. vanilla  
12oz. pkg. semi-sweet chocolate pieces

In saucepan, melt butter; stir in next 3 ingredients. Press in ungreased 13x9" pan. Bake 350° for 12-15 minutes or until light brown.

Combine all filling ingredients except chocolate pieces; beat well. Stir in chocolate pieces. Spread over crust. Bake 15-25 minutes or until golden brown in a 350° oven. Cool. Cut into bars.

Margaret Peterson

CINNAMON COFFEE BARS

1/4 c. soft shortening  
1 c. brown sugar (packed)  
1 egg  
1/2 c. hot coffee  
1-1/2 c. Gold Medal Flour  
1 tsp. baking powder  
1/4 tsp. soda  
1/4 tsp. salt  
1/2 tsp. cinnamon  
1/2 c. seedless raisins  
1/4 c. chopped nuts

(Continued)



CINNAMON COFFEE BARS - Continued

Heat oven to 350°. Cream shortening, sugar and egg; stir in coffee. Mix dry ingredients and stir in. Blend in raisins and nuts. Spread in greased and floured pan, 13x9x2". Bake 18-20 minutes. Cut into 3x1-1/2" bars. Frost while warm with thin coating of:

Quick Cream Icing: Mix 3/4 c. sifted confectioners sugar, 1/4 tsp. vanilla and about 1 Tbsp. cream.

Nancy Robbins

CRESCENT COOKIES

1/2 lb. margarine  
1/2 c. chopped nuts  
2 c. flour (sifted)  
1/2 c. powdered sugar  
1 tsp. vanilla

Cream margarine and sugar, add remaining ingredients and shape like half moons or small balls. Bake on ungreased cookie sheet for 12 minutes in 375° oven. Sprinkle with powdered sugar.

Terri McDonald

"SOFT COCOA DROPS"

1/3 c. sugar  
1/4 c. cocoa  
3 eggs, separated  
3/4 c. all purpose flour  
1/4 tsp. baking powder  
1/4 tsp. ground cinnamon  
1/8 tsp. salt  
1/4 c. water  
1 tsp. vanilla  
1/4 tsp. lemon extract  
1/4 tsp. cream of tartar  
1/4 c. sugar

(Continued)

"SOFT COCOA DROPS" - Continued

(Heat oven to 350°). Grease and flour 2 baking sheets. Beat 1/3 cup sugar, cocoa, and egg yolks in smaller bowl until thick. Beat in flour, baking powder, cinnamon and salt alternately with water, vanilla and lemon extract on low.

Beat egg whites and cream of tartar in large bowl until foamy. Beat in 1/4 cup sugar - continue beating until stiff and glossy. Fold egg yolk mixture into egg whites. Drop by rounded tablespoonfuls 2" apart onto baking sheet. Bake until set, 10-12 minutes. Approximately 30 cookies - less than 50 calories each.

Janet Gavaris

COCONUT SQUARES

3/4 c. butter  
1 c. sugar  
2 c. sifted flour  
1/2 tsp. baking soda  
1/2 c. chopped walnuts or pecans  
1 can Baker's Angel Flake Coconut  
1 can Solo Apricot Filling

Combine butter, sugar and remaining ingredients, as you would a pie crust. Save 1/3 of mixture for top and press remainder in a greased 9x13x2" pan. Spread with apricot filling and sprinkle top with remaining mixture. Bake in a 350° oven for 40-45 minutes.

Eileen Christensen

CRUNCH COOKIES

1/2 c. margarine  
1 c. brown sugar  
1 egg  
3 Tbsp. milk  
1 tsp. vanilla  
2 c. 100% Natural Cereal  
1-1/2 c. flour  
1/2 tsp. baking soda  
1/4 tsp. salt

(Continued)



CRUNCH COOKIES - Continued

Beat together margarine and sugar; blend in egg, milk and vanilla. Add combined remaining ingredients; mix well. Drop by rounded teaspoonfuls onto greased cookie sheet. Bake at 350° for 10 to 12 minutes. Cool 1 minute on sheet; remove to cooling rack. Makes about 3 dozen cookies.

Eileen Christensen

GO TO BED COOKIES

2 eggs  
1/2 tsp. cream of tartar  
2 drops green food coloring  
1/4 tsp. plus 1/8 tsp. peppermint extract  
Dash of salt  
3/4 c. sugar  
6oz. pkg. chocolate morsels

Preheat oven to 375°. In bowl put egg whites, cream of tartar, food coloring, salt, extract. Beat until mixture forms stiff peaks. While beating, add a little bit of sugar at a time. Fold in chocolate morsels. Drop on cookie sheet dusted with cornstarch. Turn oven off and put cookies in. They will be done in about 6-8 hours.

Teresa Pfeifer

HEATH BAR COOKIES

Graham crackers  
1 c. butter  
1 c. brown sugar  
1 large bag chocolate chips

Layer cookie sheet (with edges) with graham crackers split into quarters. Bring butter and brown sugar to a boil and boil for exactly 2 minutes, (stir continuously). Spread over graham crackers with spoon. Bake in 350° oven for 15 minutes. Sprinkle a large bag of chocolate chips over top and put back in oven for 1/2 minute to soften chips. Spread chocolate over top.

(Continued)

HEATH BAR COOKIES - Continued

Sprinkle a package of chopped walnuts over chocolate and press in lightly. Cool and break into pieces.

Carol Blake

ICE BOX COOKIES

2-1/2 c. sugar  
1 lb. margarine  
3 eggs  
1 Tbsp. molasses  
1 Tbsp. vanilla  
Walnuts  
1 tsp. soda  
5-1/2 c. flour

Cream sugar and margarine. Add rest of ingredients. Make 2 rolls and refrigerate overnight. Slice between 1/8 to 1/4 inch thick. Bake at 350° 8-10 minutes or until golden brown. Dough can be kept refrigerated for 3 weeks.

Sally Pitner

ICE CREAM KOLACKY

4 c. flour  
2 Tbsp. sugar  
1 lb. butter  
1 pt. vanilla ice cream  
Any desired filling (Solo)

Measure flour and blend with sugar. Cut in butter until mixture resembles fine meal. Add partially softened ice cream and blend. Wrap in foil or heavy waxed paper and chill overnight. Roll out 1/4 inch thick, cutting into rounds or squares. Fill center with desired filling and pinch corners together. Bake in 350° oven 20-25 minutes or until done.

Beverly Jur



KLOCHKE COOKIES

8oz. pkg. cream cheese  
3 c. flour  
3/4 lb. butter  
2 cans Solo fruit filling  
Powdered sugar

Soften butter and cream cheese at room temperature, cream together. Add flour, mix well. Divide dough into 4 balls and refrigerate for 2 hours. Roll dough out and use juice glass to cut cookies out. Make thumbprint in center of each cookie and fill with Solo filling. Bake 15 minutes at 350°, sprinkle with powdered sugar.

Sandra Priola

LEMON BARS

- I. 2. c. flour ) Sift together  
1/2 c. powdered sugar )

Cut in 2 sticks butter with fork

Press mixture into bottom and half up sides of 13x9x2" pan. Bake 25 minutes at 350°.

- II. Beat 4 eggs slightly in bowl.  
Add 2 c. sugar and 6 Tbsp. lemon juice.  
Fold in 4 Tbsp. flour and 1/2 tsp. baking powder.  
Pour into hot crust and bake another 25 minutes.  
Take out and immediately sift powdered sugar over top.

Carol McGuire

LEMON BARS

2 sticks of butter or margarine  
2 c. flour  
1/2 c. powdered sugar

Mix into fine, crumbly dough. Press into 9x13" pan.  
Bake 20 minutes at 350°.

(Continued)

LEMON BARS - Continued

Mix: 1/4 c. flour  
2 c. sugar  
1/2 tsp. baking powder

Add 4 beaten eggs and 1/3 c. lemon juice.

Pour over the hot crust. Bake 25 minutes at 350°.  
Cool, sprinkle with powdered sugar. Cut into bars.

Marge Josephson

LEMON SNOWBARS

Crust: 1/2 c. butter, softened  
1-1/3 c. flour  
1/4 c. sugar

Filling: 2 eggs  
3/4 c. sugar  
2 Tbsp. flour  
1/4 tsp. baking powder  
3 Tbsp. lemon juice  
Confectioners sugar

Combine crust ingredients and mix at low speed until blended (1 minute). Pat into ungreased 8" square baking pan. Bake at 350° for 15-20 minutes or until brown on edges. Combine filling ingredients and blend well. Pour into partially baked crust. Return to oven 18-20 minutes. Sprinkle with confectioners sugar. Cool. 16 bars.

Dixie Anderson

LIZZIE COOKIES

2 c. sugar  
1 c. shortening  
2 eggs  
1 c. buttermilk  
2 tsp. baking powder  
1 tsp. soda  
1 tsp. vanilla  
4 c. sifted flour

(Continued)



LIZZIE COOKIES - Continued

Cream sugar and shortening. Add eggs - one at a time. Sift baking powder, soda, flour and add alternately with buttermilk to creamed mixture. Add vanilla. Mix well. Drop by Tbsp. onto greased cookie sheets and top with 2 raisins in center. Six cookies per sheet. Bake 350° for 10 minutes.

Patricia S. Mollsen

MOCHA CHIP BAR

1 c. butter  
1 c. well-packed dark brown sugar  
1 tsp. almond extract  
1 c. chocolate chips  
1/2 c. chopped almonds  
1-1/2 Tbsp. instant coffee powder  
2-1/4 c. flour  
1/2 tsp. baking powder  
1/4 tsp. salt  
Powdered sugar

Cream butter with brown sugar. When well blended, stir in almond extract and coffee powder. Gradually mix in flour which has been sifted with baking powder and salt. Then work in chocolate chips and nuts. Using heels of hands, pat into a greased, shallow pan, 15x10x1". Bake about 20 minutes in a 350° oven. While still warm sprinkle powdered sugar over top and let cool in pan. Cut into small squares, because these cookies taste richer than they actually are.

Jessica Hall

MOLASSES SUGAR COOKIES

3/4 c. shortening  
1 c. sugar  
1/4 c. molasses  
1 egg  
2 tsp. baking soda  
2 c. sifted flour  
1/2 tsp. cloves  
1/2 tsp. ginger

(Continued)

MOLASSES SUGAR COOKIES - Continued

1 tsp. cinnamon

1/2 tsp. salt

Melt shortening over low heat. Remove, let cool. Add sugar, molasses, egg, beat well. Sift together flour, soda, spices and salt. Add to first mixture. Mix well. Chill for 1 hour. Form dough into 1" balls, roll in granulated sugar and place on greased cookie sheet. Bake 8-10 minutes at 375°.

Mary Summers

OATMEAL COOKIES

3/4 c. vegetable shortening (I use butter or margarine)

1 c. firmly packed brown sugar

1 egg

1/4 c. water

1 tsp. vanilla

3 c. uncooked oatmeal

1 c. flour (all-purpose or whole wheat)

1/2 tsp. soda

Beat together shortening, sugar, egg, water and vanilla until creamy. Add remaining ingredients, mixing well. If desired, add 6oz. chocolate or carob chips and nuts or wheat germ (about 1/2 cup). Drop by rounded teaspoonfuls onto greased cookie sheet. Bake in 350° oven 12-15 minutes. (For variety raisins or coconut can also be added).

Beverly Jur

1 CUP COOKIES

1 c. sugar

1 c. brown sugar

1 c. oil

1 c. butter

1 c. oatmeal

1 tsp. cream of tartar

3-1/2 c. flour

1 c. Rice Krispies

1 c. coconut

(Continued)



1 CUP COOKIES - Continued

1/2 c. nuts  
1 large egg  
1 tsp. vanilla  
1 tsp. salt  
1 tsp. baking soda

Blend sugar, butter, oil and egg. Beat well. Add dry ingredients. Form into balls and flatten with glass very thin. Bake at 350° till light brown. You can halve this recipe.

Fran Howard

QUICK PEACH COOKIE

2 c. flour  
1/2 c. sugar  
1/2 c. butter or margarine  
3 Tbsp. milk  
1 jar (10oz.) Peach Preserves  
1 egg  
1/2 tsp. salt  
1/2 tsp. nutmeg

Combine above ingredients in large mixing bowl; beat at slow speed until well mixed, 1 to 2 minutes. Stir in 1/2 cup flaked coconut and 1/2 cup chopped pecans. Drop dough by rounded teaspoonfuls 2" apart onto greased baking sheets. Bake at 350° for 10-14 minutes.

Pat Cutro

PEANUT BUTTER COOKIES

2 stick margarine  
1 c. peanut butter  
3-1/2 c. powdered sugar  
1-1/2 c. graham cracker crumbs  
1 to 1-1/4 c. chocolate chips

Cream first three ingredients well. Then add graham cracker crumbs. Press into greased 9x13" pan. Melt chocolate chips over hot water in double boiler. Frost mixture in pan with melted chocolate chips. Mark into 1" squares before chocolate hardens.

Eileen McHone

PECAN CRISPIES

1/2 c. butter  
6 Tbsp. granulated sugar  
6 Tbsp. brown sugar  
1 egg  
1/2 tsp. vanilla  
1-1/4 c. sifted flour  
1 tsp. baking powder  
1/4 tsp. baking soda  
1/4 tsp. salt  
1 c. chopped pecans

Cream butter and sugar until light. Beat in egg and vanilla. Sift together dry ingredients and blend into creamed mixture. Stir in nuts. Drop from teaspoon on ungreased cookie sheet. Bake in 375° oven for under 10 minutes. Cool slightly before removing from pan.

Carol McGuire

PEPPARKAKOR - Swedish Ginger Cookie (Rolled)

1/2 lb. butter  
1-1/2 c. sugar  
1 Tbsp. syrup  
2 tsp. soda  
1 egg  
3-1/4 c. flour  
1 Tbsp. cinnamon  
1 Tbsp. ginger  
1 Tbsp. cloves  
Juice and grated rinds of 1 orange

Sift flour with baking soda and spices. Cream butter with sugar. Add syrup and eggs. Add dry ingredients. Mix until blended. Turn onto lightly floured board. Cut into shapes. Bake in moderate oven (425°) until brown.

Anita West



POTATO CHIP COOKIES

1-1/2 c. flour  
1 c. margarine or butter  
1 c. powdered sugar  
1/2 c. chopped nuts  
1 egg yolk  
1 tsp. vanilla  
1 c. potato chips (crushed)

Cream butter and sugar, add egg yolk, vanilla, and flour. Gradually fold in chips and nuts. Drop by teaspoon on ungreased pan. Sprinkle with powdered sugar when cool. Bake at 350° for 15 minutes or less.

Pat Cutro

6 LAYER COOKIE

1/4 lb. butter  
1-1/2 c. graham cracker crumbs (sold in bags)  
1-1/2 c. (1 can) flaked coconut  
1-1/2 c. semi-sweet chocolate pieces  
1/2 c. chopped nutmeats  
1 can sweetened condensed milk

Melt butter in a 13x9" pan. Sprinkle with crumbs then coconut, chocolate and nuts. Pour can of milk over all and bake in a 350° oven for 30 minutes.

Sue Lorenz

SNICKERDOODLES

1 c. shortening  
1-1/2 c. sugar  
2 eggs  
2-3/4 c. sifted flour  
2 tsp. cream of tartar  
1 tsp. soda  
1/2 tsp. salt

(Continued)

SNICKERDOODLES - Continued

Cream margarine and sugar and eggs. Sift dry ingredients together and stir in. Roll into balls the size of small walnuts. Roll balls in mixture of 2 Tbsp. sugar and 2 tsp. cinnamon. Place about two inches apart on ungreased cookie sheet. Bake 8 to 10 minutes at 400°. They'll be lightly browned, but still soft. These cookies puff up at first, then flatten out with crinkled tops. They're a nice change from chocolate chip.

Diana Duffin

SOUR CREAM APPLE SQUARES

2 c. flour  
2 c. firmly packed brown sugar  
1/2 c. butter, softened  
1 c. chopped nuts  
1 to 2 tsp. cinnamon  
1 tsp. soda  
1/2 tsp. salt  
1 c. sour cream  
1 tsp. vanilla  
1 egg  
2 c. peeled, finely chopped apples

Preheat oven to 350°. Lightly spoon flour into measuring cup; level off. In large bowl, combine first 3 ingredients; blend at low speed until crumbly. Stir in nuts. Press 2-3/4 cups crumb mixture into ungreased 13x9" pan. To remaining mixture, add cinnamon, soda, salt, sour cream, vanilla and egg; blend well. Stir in apples. Spoon evenly over base. Bake 25 to 35 minutes until toothpick inserted in center comes out clean. Cut into squares; serve with whipped cream, if desired.

Betty Phillips



GRANDMA LORENZ'S SPECIER COOKIES

2 c. butter  
2-1/2 c. sugar  
3-3/4 c. flour  
1/4 lb. chopped almond

Cream butter - add sugar and cream them together until light and fluffy. Add almonds and work in flour to make stiff dough. Shape in roll, wrap in wax paper and chill overnight. Slice very thin and bake on ungreased sheet. For Christmas sprinkle colored sugars. Bake at 350° 10 minutes.

Sue Lorenz

SUGAR COOKIE (Makes 6 dozen)

1 stick margarine  
1/2 c. vegetable oil  
1/2 c. powdered sugar  
1 egg  
1/2 c. granulated sugar  
1/2 tsp. cream of tartar  
1/2 tsp. baking soda  
1/2 tsp. salt  
2 c. flour  
1/2 tsp. vanilla

Cream margarine, oil and both sugars. Add vanilla and egg. Sift dry ingredients, stir in thoroughly. Chill. Roll teaspoon of soft dough in granulated sugar. Press down lightly with glass dipped in sugar. Do not grease cookie sheet. Bake at 350° until lightly browned (about 7 minutes).

Marsha Stefan

SUGAR COOKIES

1 c. sugar  
1 c. powdered sugar  
1 c. oleo (2 sticks)  
1 c. salad oil  
2 eggs  
4-1/2 c. flour

(Continued)

SUGAR COOKIES - Continued

1 tsp. cream of tartar  
1 tsp. soda  
1/2 tsp. salt  
1 tsp. vanilla

Cream butter, sugar, and oils. Add eggs one at a time. Add flour and beat. Add vanilla. Roll out in balls. Roll in sugar and mash down with a glass dipped in sugar. Grease pan. Bake 325° for 8 minutes.

Dorothy Smith

AUNT IRENE'S SUGAR COOKIES

1 lb. butter (soft)  
1-1/2 c. sugar  
6 c. sifted flour  
3 hard boiled egg yolks (grated)  
3 whole raw eggs  
1 tsp. vanilla

Add sugar to butter - gradually. Add grated egg yolks and vanilla. Work in 2 cups flour. Add one egg - mix well. Work in 2 cups flour. Add one egg - mix well. Add one cup flour. Add one egg - mix well. Add last cup flour - mix well. Best to mix and leave overnight. Roll 1/8 inch - sprinkle with granulated sugar. Bake 350° 4-5 minutes.

Jill Hruban

TOFFEE SQUARES

1 c. butter  
1 egg yolk  
1 c. brown sugar  
1 tsp. vanilla  
2 c. flour  
1 8oz. Hershey Bar  
Chopped nuts (optional)

(Continued)



TOFFEE SQUARES - Continued

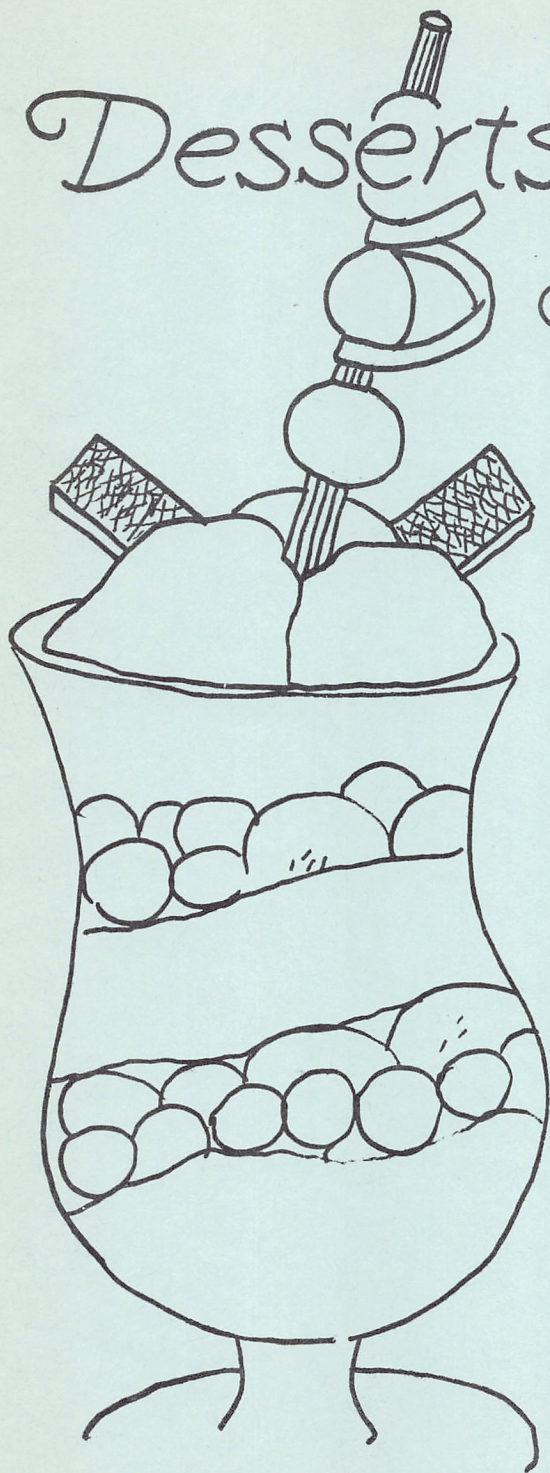
Cream butter and sugar. Add egg yolk. Beat well. Add flour and vanilla and beat. Spread 1/8 inch thick on cookie sheet (11x14"). Bake 350° 15-20 minutes. Remove from oven. Place squares of Hershey bar on top of baked crust. Put back in oven a few minutes until chocolate is soft. Spread over all. Sprinkle nuts on top if desired.

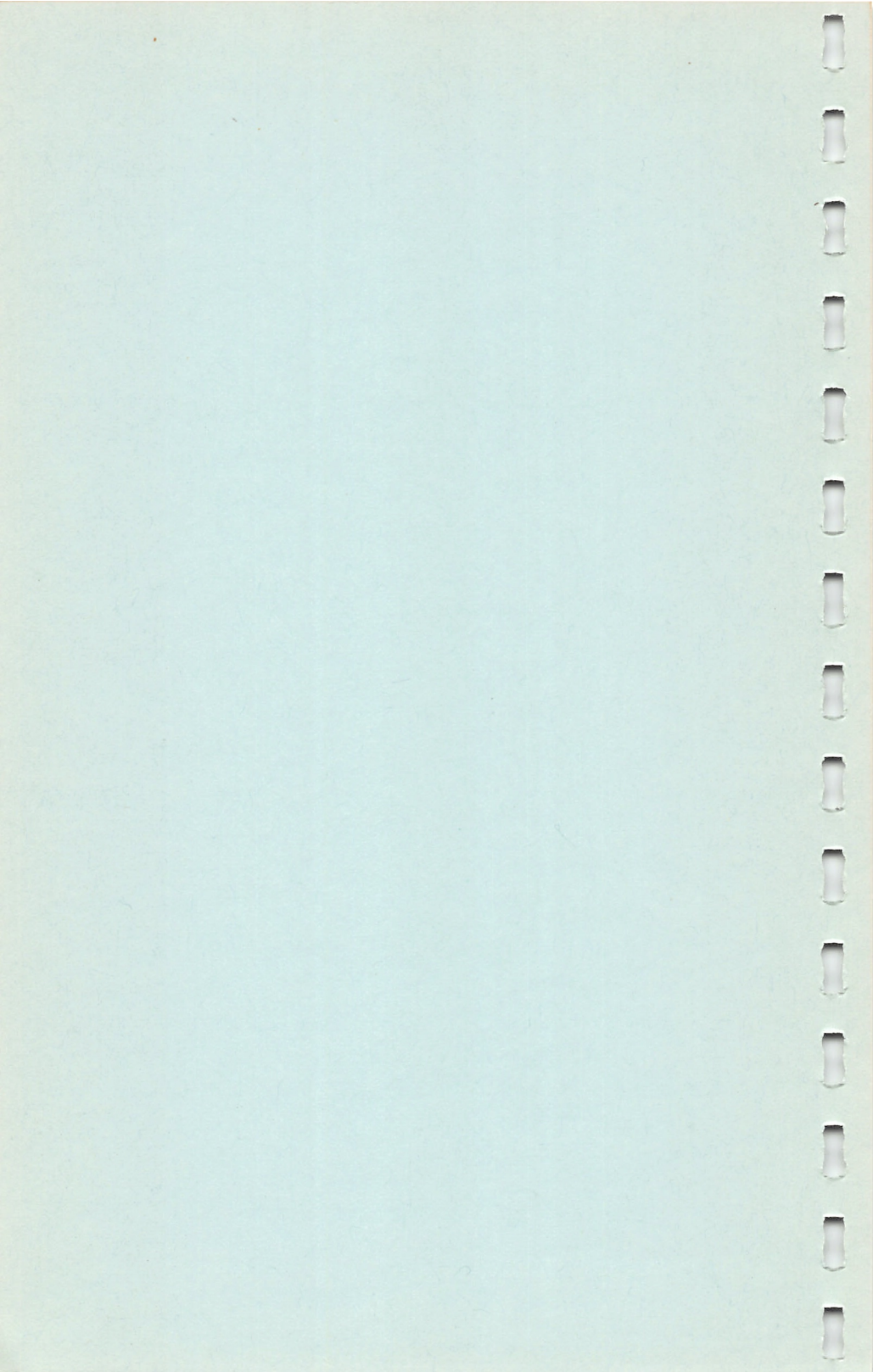
Marge Johnson





# Desserts and Pies







DESSERTSAPPLE CRISP

4 c. sliced, peeled apples  
1/4 c. water  
3/4 c. flour  
1 c. sugar  
1 tsp. cinnamon  
1/2 tsp. salt  
1 stick minus 1 Tbsp. margarine

Place apples and water in a 10x6" baking pan. Sift flour, sugar, cinnamon and salt into a bowl. Cut in margarine until the mixture resembles coarse crumbs. Sprinkle over the apples. Bake at 350° for 40 minutes or until the apples are tender.

Michelle Gibbon

ROGER STREW ADDS 1 TBSP. LEMON JUICE AND ELIMINATES SALT.

BLUEBERRY SHORTCAKE

20 graham cracker squares  
1/4 lb. melted butter or margarine  
1/2 c. powdered sugar  
1 8oz. pkg. cream cheese  
2 eggs  
1/2 c. granulated sugar  
1 can blueberry pie mix  
1 tsp. lemon juice  
1 c. whip cream or Dream Whip

Blend graham cracker crumbs, butter and powdered sugar; press into 9x13" greased pan.

Beat eggs, granulated sugar and room temperature cream cheese until smooth, spread on crust and bake 20 minutes in 350° oven.

Cool thoroughly; mix lemon juice and blueberry mix, spread on baked mixture. Refrigerate for at least 8 hours. One hour before serving, whip cream and sweeten to taste with powdered sugar. Spread on top.

Terri McDonald

BOHEMIAN FRUIT SQUARES

4 eggs, separated  
1-1/2 c. sugar  
2 c. flour  
2-1/2 sticks margarine  
1 can pie filling

Beat egg whites until stiff; set aside. Cream sugar and margarine. Add egg yolks; beat well. Add flour. Fold in egg whites. Spread evenly on an ungreased jelly roll pan. Spoon on filling; 4 across and 6 down. Bake at 325° for 30-40 minutes until lightly brown. Dust with powdered sugar when cooled.

Rochelle Jesse

BUSTER BAR DESSERT

1 small pkg. "Oreos"  
1/2 c. melted butter  
Salted peanuts  
2/3 c. chocolate chips  
1/2 c. butter  
1/2 gallon vanilla ice cream  
2 c. powdered sugar  
1 c. evaporated milk

Chop Oreos in blender until crumbly. Add 1/2 cup melted butter. Press in 9x13" pan. Then spread 1/2 gallon of soft vanilla ice cream over crumbs, (slice ice cream and let partially melt). Sprinkle peanuts over ice cream. Freeze.

Top with: 2/3 c. chocolate chips  
2 c. powdered sugar  
1 c. evaporated milk  
1/2 c. butter

Boil 8 minutes, stirring constantly. Cool until thick. Spread over the frozen ice cream. Refreeze several hours. Serves 15.

Joel Ashman



CHOCOLATE ICEBOX DESSERT

1 c. flour ) 1st LAYER: Combine and pat in  
1/2 c. chopped nuts ) bottom of 9x12" oblong pan. Bake  
1/2 c. butter ) 15 minutes at 350°. Cool.

1 8oz. pkg. cream cheese ) 2nd LAYER: Combine and pour  
1 c. powdered sugar ) on cooled 1st Layer.  
1 c. Cool Whip )

2 pkg. Chocolate instant pudding ) 3rd LAYER  
made with 3 c. of milk )

Add more Cool Whip and ) 4th LAYER  
a few nuts if desired )

Rochelle Jesse

CREAM CHEESE CAKE

3 sticks butter  
8oz. cream cheese  
3 c. sugar  
6 eggs  
3 c. flour  
1 Tbsp. vanilla

Cream butter and cheese. Add sugar. Add eggs one at a time and beat. Add flour and vanilla.

Grease and flour (10") angel food cake pan. Do not pre-heat oven! Bake at 300° for 1-1/2 hours.

Terri McDonald

EASY CHEESECAKE

12oz. cream cheese  
1/2 c. sugar  
2 eggs

Topping: 1/2 pint sour cream  
1 Tbsp. vanilla  
1 Tbsp. sugar

(Continued)

EASY CHEESECAKE - Continued

Blend the cream cheese, 1/2 cup sugar and eggs and mix until fluffy. Bake in an 8-1/2" graham cracker crust for 1/2 hour at 350°.

Mix the topping ingredients together and spread on the baked cheese cake. Return to the oven for five minutes.

Jillian Meyer

DUMP CAKE

1 box yellow cake mix  
1 20oz. can crushed pineapple  
1 can apple pie filling  
1/2 c. coarsely chopped pecans or walnuts  
1 stick butter  
Cool Whip

Grease a 9x13" pan. Dump in undrained pineapple. Spread evenly in pan. Spread apple pie filling over pineapple. Then sprinkle dry cake mix over pie filling. Dot with stick of butter. Sprinkle nuts over butter. Bake at 350° about 1 hour. Serve warm, topped with Cool Whip.

Judy Greene

ECLAIR CAKE

1 lb. graham crackers  
2 pkg. instant French Vanilla pudding  
3-1/2 c. milk  
1 9oz. container Cool Whip

Line bottom of 9x13" pan with whole graham crackers. Prepare pudding according to package directions, using only 3-1/2 cups milk. Fold Cool Whip into pudding.

Spread half of pudding mixture over graham crackers. Put on another layer of graham crackers, then remainder of pudding mixture. Top with another layer of graham crackers. Refrigerate 2 hours before frosting with the following:

(Continued)



ECLAIR CAKE - Continued

Cocoa Glaze: 3 Tbsp. butter  
2 Tbsp. cocoa  
1-1/2 c. confectioners sugar  
2 tsp. corn syrup  
2 tsp. vanilla  
3 Tbsp. milk

Melt butter over low flame and add cocoa, mixing well. Remove from heat. Add remaining ingredients and mix well. Frost top of graham crackers. Refrigerate 24 hours, covered, before serving 12-15 people.

Marge Johnson  
Eileen Sheehan

ECLAIR DESSERT SQUARES

1 box graham crackers  
2 pkg. vanilla instant pudding  
1 large Cool Whip

Chocolate Icing: 2 squares unsweetened chocolate, melted  
2 tsp. light Karo syrup  
1 tsp. vanilla  
3 Tbsp. butter  
3 Tbsp. milk  
1-1/2 c. confectioners sugar

Grease 9x13" pan and line with whole graham crackers. Mix pudding with 3 cups milk. Mix with Cool Whip. Pour 1/2 of pudding mixture over crackers. Add another layer of crackers. Then rest of pudding mixture. Put a layer of crackers on top and frost. Refrigerate overnight.

Mary Lou Verseman

FRENCH MINTS

1 c. butter/margarine  
2 tsp. vanilla  
1/2 tsp. peppermint extract  
2 c. powdered sugar (sifted)  
4 eggs  
4 squares chocolate - melted

(Continued)

FRENCH MINTS - Continued

Cream butter and sugar with extracts - add eggs one at a time. Add melted chocolate - freeze in cupcake liners. Serves 15.

Jill Hruban

EASY FRUIT COBBLER

2 cans cherry or blueberry pie filling  
1 box yellow cake mix  
1 stick butter  
Whipped cream or Cool Whip, if desired

Pour pie filling into ungreased 13x9x2" baking dish, spreading evenly. Melt butter and combine with cake mix, stirring with fork until crumbly. Crumble cake mix topping over pie filling, distributing evenly. Bake at 350° for approximately 30 minutes, or until crust is golden brown. Serve warm or cold, with whipped topping, if desired.

Christine Hall

FRUIT PIZZA

Crust: 1 roll slice-n-bake sugar cookies

Slice 1/4" thick and line greased pizza pan. Bake at 350° until golden brown 20-25 minutes.

Sauce: 1 8oz. cream cheese, softened  
1/2 c. powdered sugar  
1 tsp. vanilla

Beat cream cheese. Add other ingredients. Spread on cooled crust.

Top with assorted fruit. You can use grapes, bananas, sweet cherries, peach, mandarin oranges, strawberries, pineapple. Chill until serving time.

Linda Andrews



GRAND MARNIER CHEESE CAKE

1. Make a graham cracker crust. Press onto bottom and sides of a Springform pan - Chill.
2. 5 8oz. pkg. cream cheese, softened.

Blend in 1-3/4 cup sugar

3 Tbsp. flour

2 Tbsp. grated orange rind

1 Tbsp. Grandmarnier

Beat until light and fluffy.

Add 5 eggs and 2 more egg yolks, one at a time, beating well after each one.

Stir in 1/4 cup milk.

Pour into crust.

Bake 475° for 10 minutes. Lower temperature to 200° and bake 1 hour longer.

Let cake remain in oven until cool (1 hour!)

Remove from oven. Cool completely on wire rack.

Loosen edge with knife; remove from pan.

Top with glaze (optional):

Orange Glaze: Drain syrup from 11oz. can of Mandarin Oranges. Reserve 1/2 cup syrup. Combine 2 tsp. cornstarch and 1 tsp. sugar in saucepan. Slowly stir in syrup, cook, stirring constantly over medium heat until mixture thickens and bubbles (1 minute). Cool. Dip orange slices in glaze and place all over top of cake - cool!

Sybil Young

THE GRASSHOPPER DESSERT

24 Oreo cookies, crushed

1/4 c. Creme de Menthe

1 7-1/2oz. jar of Kraft Marshmallow Creme

1/4 c. melted butter

1 pint whipping cream

Mix butter and cookie crumbs and press in bottom of 9x10" pan. (Save a few crumbs to decorate top.)

(Continued)

THE GRASSHOPPER DESSERT - Continued

Stir Creme de Menthe into marshmallow creme, and fold into whipped cream. Pour into pan and freeze. Serve directly from freezer. May be made days before needed.

June Way

ICE CREAM CAKE

- 1 small bag Oreos
- 1 stick butter
- 1/2 gallon vanilla ice cream (or any flavor)
- 1 glass jar Smuckers chocolate fudge
- 1 9oz. container Cool Whip

Smash in a bowl all but one Oreo completely. Mix in melted butter. Pat on bottom of ungreased 9x13" pan. Layer ice cream. Pour fudge over top. Then smooth on Cool Whip. Crush remaining one Oreo on top. Sprinkle with nuts, if desired. Freeze for several hours before serving.

Joan Piscopo

ICE CREAM CRUMB DESSERT

- 1-1/2 c. graham cracker crumbs
- 1/2 c. butter
- 3 squares semi-sweet chocolate
- 2 c. powdered sugar
- 1 c. chopped nuts
- 3 eggs - beaten
- 1 tsp. vanilla
- 2 quarts ice cream

Sprinkle crumbs in 9x13" pan. Melt butter and chocolate over low heat - stirring constantly until mixture boils. Stir in sugar, nuts, eggs and vanilla. Pour over crumbs and chill - when it is hard spoon softened ice cream over that. Freeze - until serving.

Jill Hruban



INDOOR S'MORES

2/3 c. light corn syrup  
2 Tbsp. margarine  
1 pkg. (11-1/2oz.) milk chocolate morsels  
1 tsp. vanilla  
1 pkg. (10oz.) Golden Grahams cereal (8 c.)  
3 c. miniature marshmallows

Butter a 13x9x2" pan. Heat Syrup, margarine and chocolate morsels to boiling in 3 qt. saucepan, stirring constantly. Remove from heat and stir in vanilla. Pour over cereal in large mixing bowl, toss quickly until completely coated with chocolate. Fold in marshmallows, 1 cup at a time.

Press mixture evenly in pan with buttered back of spoon. Let stand until firm, at least 1 hour. Cut into about 1-1/2" squares. 48 squares.

Alice Groat

LEMON TORTE

1-1/2 sticks margarine  
4oz. pecans (optional)  
1-1/4 c. flour

Mix with fork. Bake in 9x13" pan at 375° until golden.

12oz. cream cheese  
1-1/2 c. powdered sugar

Cream, then fold in half of 9oz. Cool Whip. Spread over cooled crust and chill. Mix 1 pkg. instant lemon pudding mix with 1-1/2 cups milk. Pour over cheese layer and chill. Top with Cool Whip and pecans.

Can substitute any flavor pudding.

Arlene Olberg

MARSHMALLOW DELIGHT - 12 servings

33 graham crackers - crushed  
3/4 c. butter, melted

Mix and press into an 11-1/2x7-1/2" pan.

(Continued)

MARSHMALLOW DELIGHT - Continued

Melt 1 lb. marshmallows and 1/2 cup milk in double boiler. When cool fold in 1 pint whipped cream. Add 1 cup grated chocolate or 1 pkg. frozen strawberries or raspberries. Pour into pan and refrigerate.

Dixie Anderson

MOCHA ALMOND TORTE

1 12oz. frozen pound cake  
1/2 pt. heavy whipping cream  
1 Tbsp. instant coffee  
2 Tbsp. confectioners sugar  
1/2 c. chocolate morsels (or chocolate chips)  
3/4 c. walnuts

Cut cake into 4 layers while frozen. Whip cream just till it begins to thicken. Add coffee, sugar, whip till it holds peaks. Melt chocolate - cool. Fold in chocolate and walnuts. Assemble - spreading over and between layers. Slice cherries to decorate. Chill. Serves 8.

Susan Lloyd

NEOPOLITANS

1 c. butter or margarine  
2 c. flour  
1 c. brown sugar

Mix above like pie crust. Put into greased 9x13" pan. Bake 10 minutes at 300°.

Filling: 2 c. brown sugar  
3 Tbsp. flour  
1 tsp. baking powder  
3. c. bulk coconut  
1 c. chopped nuts  
4 eggs - beaten  
1 tsp. vanilla

Put in shell and bake at 325° for 30 minutes.

Loretta Revers



PISTACHIO INSTANT PUDDING DESSERT

- 1 pkg. instant Pistachio pudding
- 1 can crushed pineapple
- 1 c. green grapes
- 5 or 6 maraschino cherries, cut up
- 1 c. small marshmallows

Mix dry pudding over pineapple and juice. Mix well. Add green grapes and cut up cherries and marshmallows. Then add 2 cups Cool Whip and mix well. Chill and serve.

Alice Groat

PISTACHIO DESSERT

- 1 c. flour
- 1 stick margarine
- 2 Tbsp. granulated sugar
- 1/4 c. chopped nuts

Mix above ingredients, then layer into 9x13" greased baking dish. Bake 15 minutes in 325° oven. Cool.

- 1 pkg. Philadelphia cream cheese - 8oz.
- 2/3 c. confectioners sugar
- 1/2 large container Cool Whip (9oz.)

Blend cream cheese, sugar and 1/2 Cool Whip. Spread in layer over cooled crust. If too sticky, add a few drops of milk.

- 2 pkg. instant Pistachio pudding mix (3oz.)
- 2-1/2 c. milk

Mix pudding with milk for 2 minutes. Then layer over cream cheese layer. Spread remaining Cool Whip over pudding layer. Sprinkle chopped nuts over all. Arrange maraschino cherries in rows for serving. Allow overnight refrigeration.

Madonna Ostberg

PINEAPPLE-PISTACHIO DESSERT

1 large can crushed pineapple in heavy syrup  
1 pkg. instant Pistachio pudding

Mix above until thick. Stir in 1 9oz. container Cool Whip. Optional - add nuts or miniature marshmallows.

Roberta Edmonson

PUMPKIN SQUARES

3/4 c. flour  
3/4 c. oatmeal  
1/2 c. butter or margarine  
1 pkg. butterscotch pudding mix  
16oz. can pumpkin  
14oz. can sweetened condensed milk  
1-1/2 tsp. pumpkin pie spice  
2 eggs

Preheat oven to 350°. Combine first five ingredients in a large bowl. Press into an ungreased 13x9" pan. In same bowl, combine remaining ingredients; blend well. Pour over crust. Bake 35-40 minutes or until knife comes out clean. Cool, cut into bars. Serve topped with whipped cream or ice cream if desired. Refrigerate leftovers. Makes 12-15 bars.

Joann Santercola

COLD RASPBERRY SOUFFLE'

4 tsp. plain gelatin  
3 Tbsp. cold water  
Pinch of salt  
2 pkgs. (10oz. each) frozen raspberries, thawed  
1 Tbsp. lemon juice  
1/2 c. sugar  
3 egg whites  
1 c. whipping cream, whipped

(Continued)



COLD RASPBERRY SOUFFLE' - Continued

In saucepan, soften gelatin in cold water with salt; heat slowly and stir to dissolve. Puree' berries in blender. Combine puree' with gelatin, lemon juice and sugar. Place over ice, stirring often until thickened. Beat egg whites until stiff; fold into berry mixture. Then fold into cream. Spoon into individual dessert dishes; chill overnight. Dot with whipped cream and toasted almonds.

Kris Hochmuth

RICE KRISPIES & ICE CREAM

2-1/2 c. Rice Krispies  
1-1/2 c. coconut  
1 c. chopped nuts  
1/2 c. brown sugar  
3/4 c. melted butter

Mix above and press one half of crust into a 13x9" pan. Add 1/2 gallon softened vanilla ice cream. Top with the rest of the crust mixture. Keep in freezer. Top with strawberries or raspberries when serving.

Melissa Gibbon

RHUBARB BAVARIAN CREAM

Crust: Crumbs of 11 graham crackers  
Scant 1/3 c. melted butter  
1/4 c. brown sugar  
1/8 tsp. cinnamon

Combine and press onto bottom of 9x9" baking pan. Bake in preheated 350° oven 10 minutes or until golden brown.

Rhubarb: 2-1/2 - 3 c. fresh rhubarb  
3/4 c. sugar  
2 Tbsp. water

Combine in heavy sauce pan. Cook over medium-high flame until it comes to a full boil. Reduce heat and cook until the mixture cooks down to about one cup. Chill.

(Continued)

RHUBARB BAVARIAN CREAM - Continued

Filling: 1 c. rhubarb mix (above)  
1 pkg. frozen strawberries (10oz.), thawed  
1 3oz. pkg. strawberry Jell-O  
1 c. boiling water  
1/3 c. cold water  
1 8oz. container Cool Whip

Dissolve Jell-O in boiling water. Add 1/3 cup cold water, rhubarb and strawberries. Mix. Refrigerate until slightly chilled. Add 1/2 container Cool Whip. Mix. Pour over graham cracker crust. Top with remaining Cool Whip.

Terri DeSario

SNOW HUT

1 Angel Food cake loaf  
1 Tbsp. unflavored gelatin  
1/4 c. sugar  
1 tsp. vanilla  
3 pts. whipping cream  
1 12oz. pkg. chocolate chips

Soak gelatin in cold water for 5 minutes (follow package directions). Add melted chocolate chips, milk and stir until dissolved. Add sugar, and vanilla. Cool until slightly thick. Fold in pint of whipped cream.

Line 1-1/2 quart bowl with thin slices Angel Food cake. Pour some mixture into bowl, add more cake, mixture, cake, etc. End with cake. Refrigerate overnight. Remove from bowl and frost with whipped cream.

STRAWBERRY SHORTCUT CAKE

1 c. miniature marshmallows  
2 10oz. pkg. frozen, sliced strawberries in syrup, completely thawed  
1 pkg. (3oz.) strawberry flavored gelatin  
2-1/4 c. flour  
1-1/2 c. sugar  
1/2 c. butter

(Continued)



STRAWBERRY SHORTCUT CAKE - Continued

3 tsp. baking powder  
1/2 tsp. salt  
1 c. milk  
1 tsp. vanilla  
3 eggs

Generously grease bottom only of a 13x9" pan; sprinkle marshmallows evenly over bottom of pan. Thoroughly combine completely thawed strawberries and syrup with dry gelatin; set aside. In large mixer bowl, combine remaining ingredients. Blend at low speed until moistened; beat 3 minutes at medium speed, scraping sides of bowl occasionally. Pour batter evenly over marshmallows in prepared pan. Spoon strawberry mixture evenly over batter. Bake at 350° for 45-50 minutes until golden brown and toothpick inserted in center comes out clean. Serve warm or cool with ice cream or whipped cream.

Margaret Peterson

PIESSWEDISH APPLE PIE

3/4 c. sugar  
1 egg  
1/2 c. sifted flour  
1 tsp. baking powder  
1/4 tsp. salt  
1 c. diced apples  
1/4 c. nuts (chopped)  
1 tsp. vanilla

Beat sugar and egg well. Fold in mixed dry ingredients. Add nuts, apples and vanilla, mix. Bake in a greased pie tin at 350° for 30 minutes.

Terri DeSario

ALOHA CHEESE PIE - Serves 6-8

- 1 9" graham cracker shell
- 1 8oz. can crushed pineapple
- Water
- 1 3oz. pkg. lemon jello
- 2 8oz. pkg. cream cheese, softened
- 1 8oz. carton lemon yogurt
- 1 small pkg. Cool Whip

Drain syrup from pineapple into measuring cup; add enough water to make 1 cup. Heat to boiling; stir in lemon jello until dissolved. Chill til thick and syrupy. In mixing bowl beat cream cheese until fluffy; gradually beat in gelatin until smooth; blend in yogurt.

Measure 1 cup Cool Whip; fold into gelatin mixture. Pour into shell. Chill at least 2 hours. Just before serving, spoon well-drained pineapple onto center of pie. Garnish with rest of Cool Whip.

Judy Greene

CHERRY ICE CREAM PIE

- 3 egg whites
- 1/4 tsp. cream of tartar
- 3/4 c. sugar
- 3 Tbsp. cocoa
- 9" baked pie shell
- 1 can (16oz.) pitted dark sweet cherries
- 1 Tbsp. sugar
- 1 Tbsp. cornstarch
- 3/4 tsp. rum or brandy extract
- 1 quart vanilla ice cream

Heat oven to 325°.

1. Beat egg whites and cream of tartar until foamy. Beat in 3/4 cup sugar, 1 Tbsp. at a time; beat until stiff and glossy. Fold cocoa into meringue. Spread meringue evenly in baked pie shell sealing edges. Bake 25 minutes. (Meringue will be soft). Cool thoroughly.

(Continued)



CHERRY ICE CREAM PIE - Continued

2. Drain cherries, reserving 1/2 cup syrup. Mix 1 Tbsp. sugar and cornstarch in saucepan. Stir in reserved syrup. Heat to boiling, stirring constantly. Remove from heat; cool. Stir in rum extract and cherries.
3. Scoop ice cream into meringue shell. Top with cherry mixture. Serve immediately.

Beverly Jur

AMAZING COCONUT PIE

- 4 eggs
- 2 c. milk
- 3/4 c. sugar
- 1/2 c. biscuit mix
- 1/4 c. butter
- 1-1/2 tsp. vanilla
- 1 c. coconut

Combine milk, sugar, biscuit mix, eggs, butter and vanilla in electric blender. Cover and blend at low speed for 3 minutes. Pour into greased 9" pie pan. Let stand 5 minutes, then sprinkle with coconut. Bake at 350° for 40 minutes. Serve warm or cool.

Carol McGuire

LEMON MERINGUE PIE

- 3 Tbsp. cornstarch
- 1-1/4 c. sugar
- 1/4 c. lemon juice (about 2 lemons)
- 1 Tbsp. grated lemon rind
- 3 eggs, separated
- 1-1/2 c. boiling water
- 1 (9") baked pie shell
- 6 Tbsp. sugar

(Continued)

LEMON MERINGUE PIE - Continued

Combine cornstarch, 1-1/4 cups sugar, lemon juice and rind. Beat egg yolks and add to cornstarch mixture. Gradually add boiling water. Heat to boiling over direct heat and then boil gently 4 minutes, stirring constantly. Pour into baked pie shell. Beat egg whites until stiff but not dry. Gradually beat in the 6 Tbsp. sugar. Spread meringue over top of pie, carefully sealing in all the filling by spreading meringue to touch all edges of crust. Bake 425° about 4 to 5 minutes or until lightly browned. Cool on a wire cake rack away from drafts.

Carol Blake

LEMON MERINGUE PIE

1-1/3 c. sweetened condensed milk  
Grated rind of 1 lemon  
Baked pie shell (8")  
1/2 c. lemon juice  
2 eggs, separated  
2 Tbsp. granulated sugar  
Cherries to decorate (optional)

Mix together condensed milk, lemon juice, grated lemon rind and egg yolks. Pour into baked pie shell. Cover with meringue made by beating egg whites until stiff and adding sugar. Bake in a moderate oven (350°) 10 minutes or until brown. Chill before serving.

Alice Menzies

PEACHY PIE

Make a 9" graham cracker crust, adding some cinnamon. Drain 1 large can sliced peaches, reserving 1/2 cup syrup.

Combine 1 pkg. instant French Vanilla pudding mix with 1 cup whipping or sour cream. Beat until thick. Beat in peach syrup. Pour into pie shell.

(Continued)



PEACHY PIE - Continued

Spoon drained peach slices over pudding.

Glaze with 1 cup cooled, melted peach preserves. Chill.

Alternate: Substitute 1 lb. 4oz. can pineapple chunks for the peaches and glaze with apricot preserves.

Maureen Kobler

FROZEN PUMPKIN PIE

Crust: 2 c. ground pecans  
1 c. ground gingersnaps  
1/2 c. sugar  
1/2 c. butter, melted

Combine and press into 9x13" pan, reserving 1/2 cup for topping. Bake at 450°. Cool.

Filling: 2 c. pumpkin  
1 c. brown sugar  
1 tsp. ginger  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
1/2 gallon vanilla ice cream, softened

Combine filling ingredients well and pour into cooled crust. Freeze. Before serving, cover with Cool Whip and sprinkle with reserved crumbs.

Judy Greene

NEW ENGLAND RUM PIE

15 graham crackers, rolled to crumbs  
7 Tbsp. butter, melted  
1/3 c. sugar  
1 tsp. cinnamon  
12oz. cream cheese  
2 eggs  
4 Tbsp. rum or rum extract  
1 c. sour cream  
1/2 c. sugar + 3 Tbsp.

(Continued)

NEW ENGLAND RUM PIE - Continued

Combine crumbs, butter, 1/3 cup sugar and cinnamon; press into 9" pie plate. Place cream cheese, 1/2 cup sugar, eggs and 2 Tbsp. rum in mixer; beat until fluffy. Pour into crust. Bake for 20 minutes at 375°. Mix sour cream, 3 Tbsp. sugar and 2 Tbsp. rum; spread over pie. Bake for 5 minutes longer. Cool; refrigerate for 24 hours.

Sharon Geltner

STRAWBERRY PIE

1 pkg. (3oz.) Jello strawberry gelatin  
1-2/3 c. boiling water  
2 c. (or one 4-1/2oz. container) Cool Whip (thawed)  
2 Tbsp. sugar  
1 baked 9" crumb crust  
1-1/2 c. strawberry halves

Dissolve gelatin in boiling water. Chill until slightly thickened. Measure 1/2 cup and blend into Cool Whip with sugar. (If necessary, chill Cool Whip mixture until firm enough to mound.) Spread over bottom and up sides of crumb crust. Stir strawberries into remaining thickened gelatin and gently spoon on top of Cool Whip mixture. Chill at least 3 hours.

Carol McGuire

FRESH STRAWBERRY PIE

1-1/2 c. water  
1-1/2 c. sugar  
1/4 c. cornstarch  
Pinch of salt  
2 pts. fresh strawberries  
1 pkg. 3oz. strawberry jello  
1 baked pie shell  
Cool Whip or whipped cream

Boil water, sugar, cornstarch and salt until clear. Add strawberry jello and set aside to cool. Bake pie shell and let cool. Add fresh berries to pie shell and pour cooled mixture over the top. Refrigerate and serve with Cool Whip or whipped cream. Use 8" or 9" pie pan.

Vickie Semler



EXTRA RECIPES

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EXTRA RECIPES

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EXTRA RECIPES

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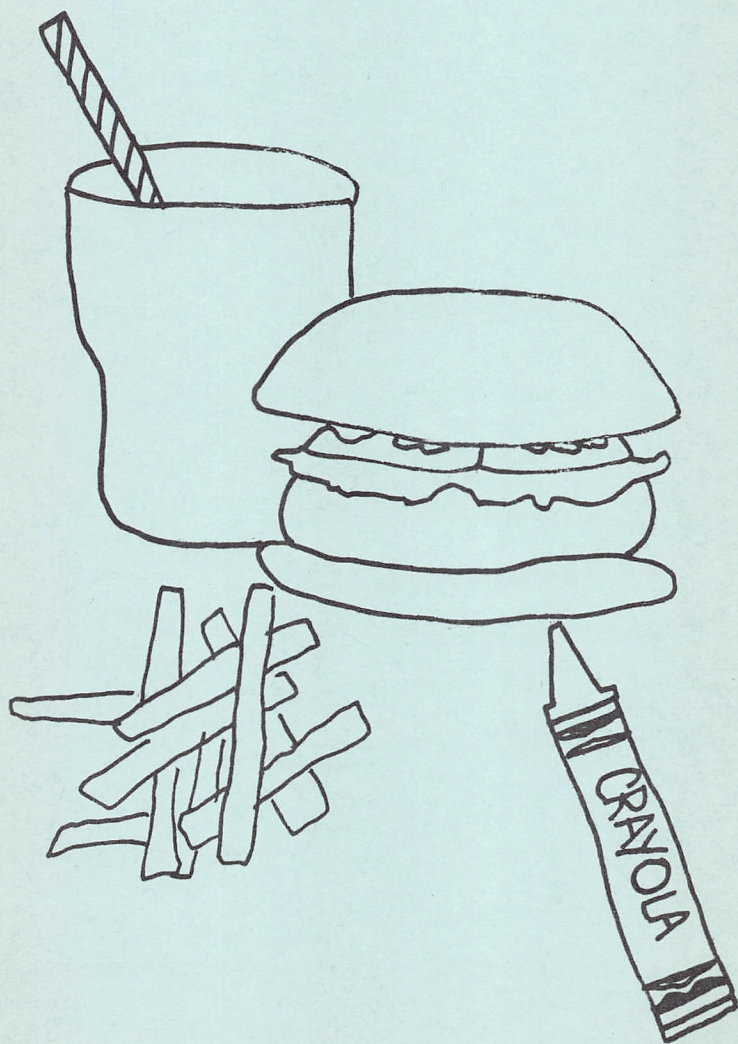
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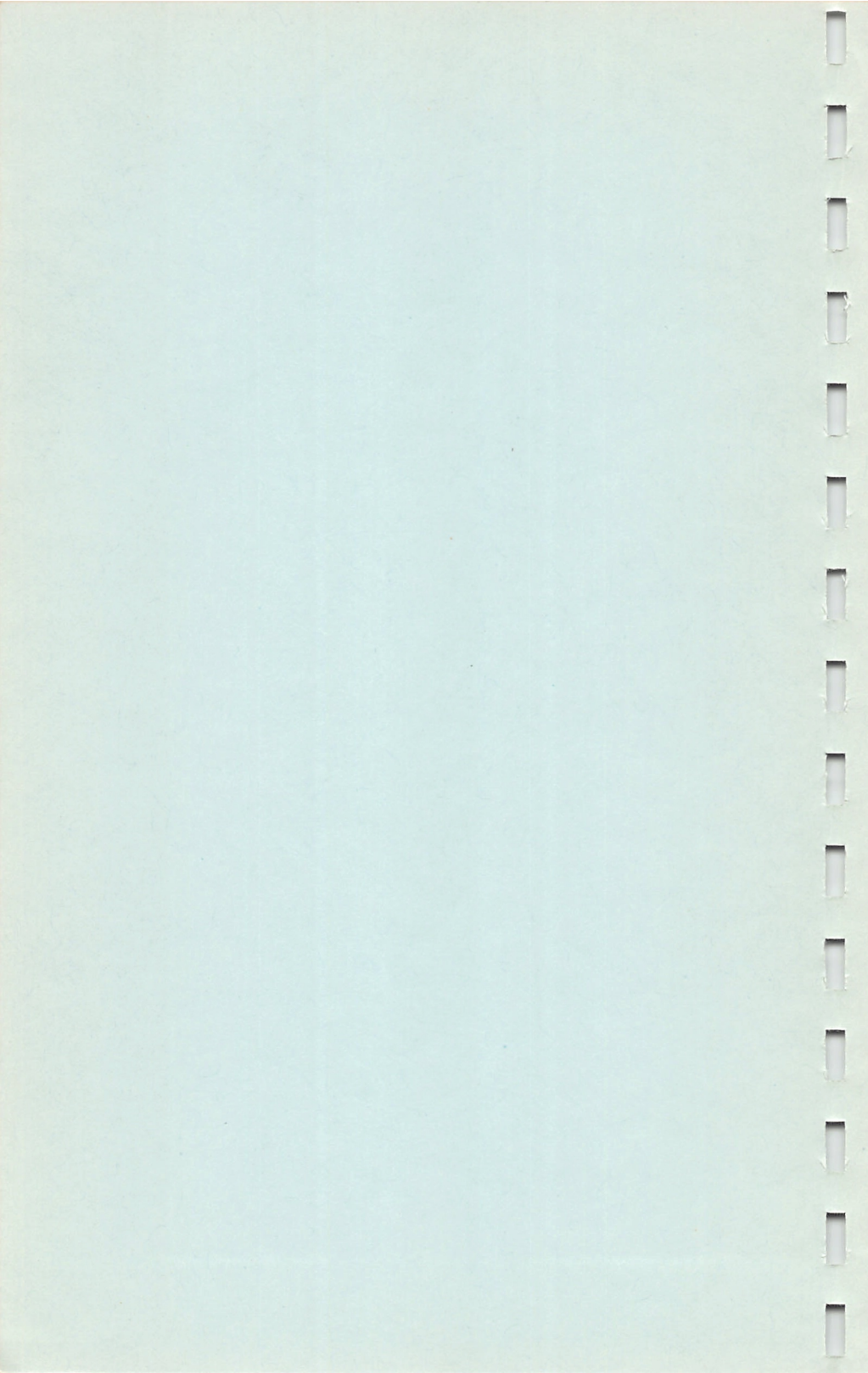
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# Kids

# Favorites







JENNY'S NO BAKE BON BONS

- 2 Tbsp. butter, softened
- 9 Tbsp. confectioners sugar
- 1/4 c. chocolate sprinkles
- 1/2 c. chopped nuts
- 1/4 tsp. vanilla

Add sugar one tablespoon at a time to butter. Add other ingredients. If batter is stiff, add a few drops milk. Form into balls and put on cookie sheet. Place in refrigerator for 1 hour.

Jenny Citti

KRISPY BARS

- 4 Tbsp. honey
  - 4 Tbsp. peanut butter
  - 4 Tbsp. butter
  - 1 c. raisins
  - 1 Tbsp. whole grain flour
  - 2 c. puffed cereal from the Health Food store
1. Place honey and peanut butter in large kettle. Stir over low heat. Add butter.
  2. Sprinkle flour over raisins. Use food processor or blender to dice raisins. Put raisins into kettle and mix with other ingredients.
  3. Smear butter over bottom and sides of a 8x8" square cake pan.
  4. Add cereal to kettle. Mix with clean hands.
  5. Press into pan. Make top smooth.
  6. Place plastic wrap over pan and refrigerate.
  7. Cut into 16 bars before serving.

Ann Harders

MINI PIZZAS

- 1 pkg. English muffins
- 1 8oz. can pizza sauce
- 6 to 8oz. shredded mozzarella cheese

Place muffin halves on a cookie sheet. Spread the pizza sauce on them. Then put the cheese on top. Bake at 400° until the cheese is melted.

Michael McDonald

"NO COOK FUDGE"

1 lb. powdered sugar  
8 Tbsp. cocoa  
4-1/2 tsp. soft butter  
1/8 tsp. salt  
1 tsp. vanilla  
1/3 c. prepared mashed potatoes (instant)  
Chopped nut meat

Mix together until all ingredients are well blended.  
Roll into balls. Roll balls in nuts.

Janet Giavaris

PEANUT BUTTER BALLS

1/2 c. peanut butter  
4 Tbsp. non-fat dry milk  
1/4 c. honey  
1/4 c. coconut crumbs

Put peanut butter, powdered milk, and honey into a bowl. Mix with fingers. Form into balls. Roll balls in coconut. Place in covered container. Keep in refrigerator until serving time.

Ann Harders

PEANUT BUTTER CUPS

1 lb. box confectioners sugar  
1 c. margarine  
1 c. peanut butter  
1 large Hershey chocolate bar

Melt margarine. Add confectioners sugar and peanut butter. Mix thoroughly. Pat into a large 13x9x2" pan. Break candy bar into pieces, and place on top of mixture. Put under broiler a "few" seconds to soften chocolate, and then spread with knife. Cool. Cut into squares.

April Citti



"PIZZA" SNACKS

Rye-Krisp crackers

Peanut butter

Chopped parsley

Cheese slices, such as: American, Brick, Muenster, etc.

Spread crackers with peanut butter. Cover with cheese slice and sprinkle parsley on top. Place on cookie sheet and heat under broiler until cheese begins to melt.

Tricia Runkel

RICE KRISPIE TREATS

1/4 c. margarine or butter

1 pkg. (10oz., about 40) regular marshmallows or

4 c. miniature marshmallows

5 c. Kellogg's Rice Krispies cereal

Melt margarine in large saucepan over low heat. Add marshmallows and stir until completely melted. Cook 3 to 4 minutes longer, stirring constantly. Remove from heat.

Add cereal. Stir until well coated. Using waxed paper, press mixture into buttered 13x9" pan. Cut into squares when cool.

VARIATIONS: Peanut - add 1 c. salted cocktail peanuts with cereal.

Peanut Butter - stir 1/4 c. peanut butter into marshmallow mixture just before adding cereal.

Candy - add 1/2 c. crushed peppermint candy with cereal. Other hard candy may be used.

All the kids love Jelly Beans at Easter time.

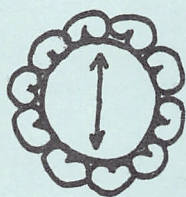
Raisin - add 1 c. raisins with cereal.

Jill and Jennie Balla

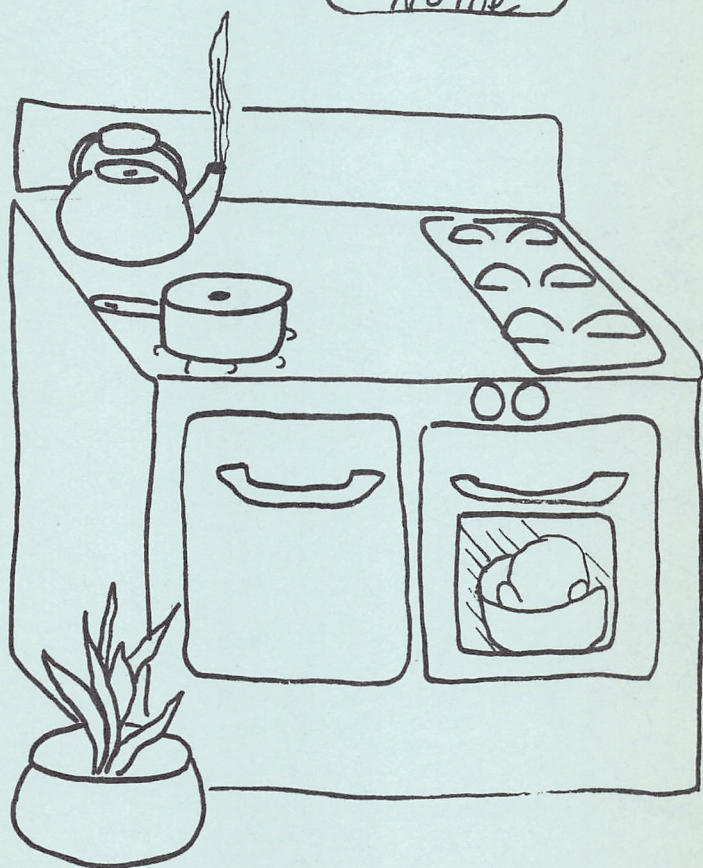


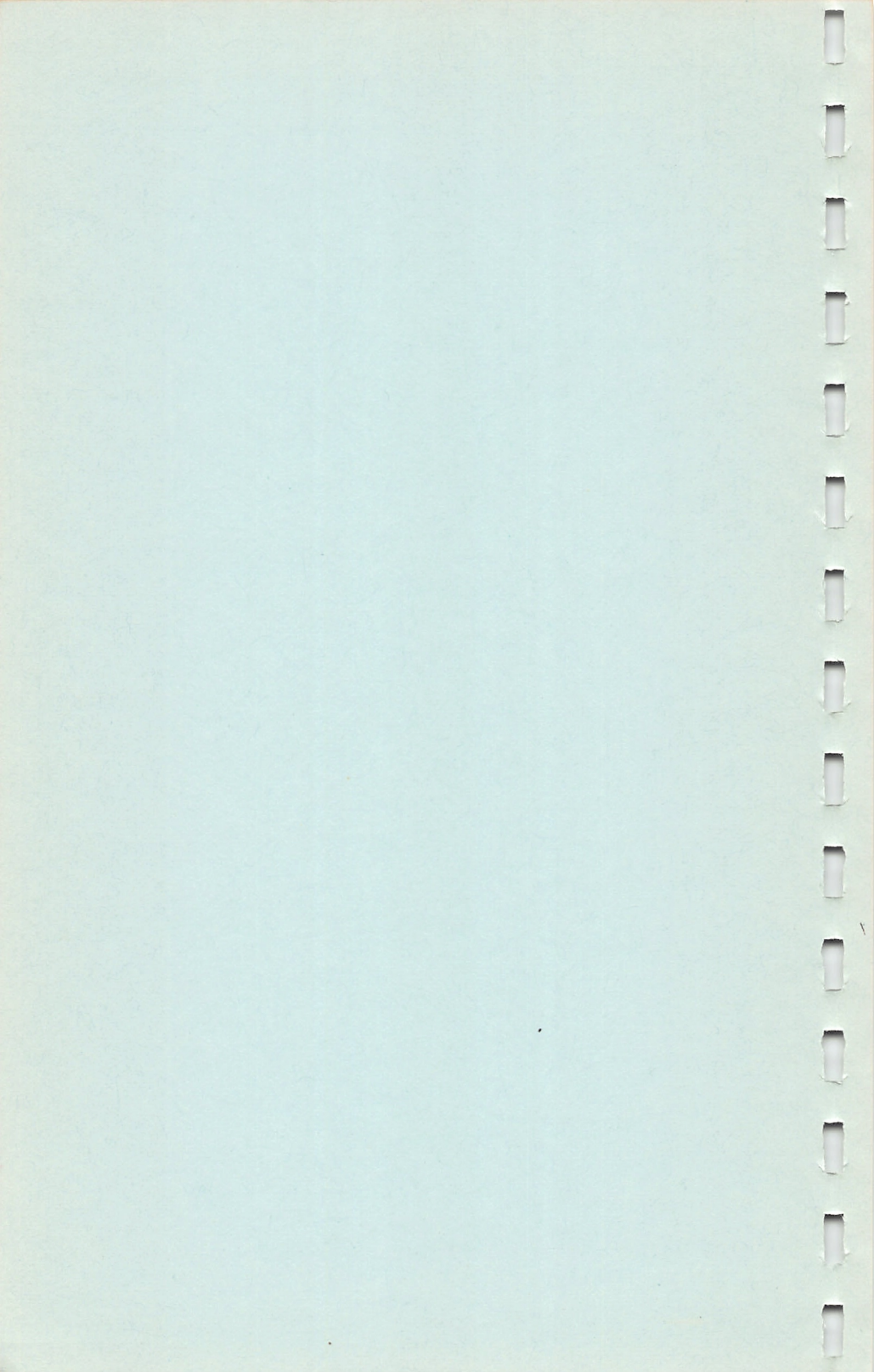


# Main Dishes



Home  
Sweet  
Home







GERMAN APPLE PANCAKE

Preheat oven to 550°.

3 eggs  
1 c. milk  
1 Tbsp. sugar  
1 tsp. vanilla  
1 c. flour  
1 tsp. baking powder  
1 c. or 1/2 can sliced Comstock Apples

Beat eggs, add milk, sugar, vanilla, salt, flour, baking powder, and drained Comstock apples.

Place 1/2 stick of butter in frying pan and melt. Add the pancake mixture, making sure that the butter is hot and sizzling. (Spread the butter around the sides to prevent sticking.) Bake for 10 minutes at 550° and then turn oven down to 350° and bake for 10-15 minutes, until the middle of the pancake rises or cracks. While it is baking, make the following topping:

Topping: 1/4 c. lemon juice  
1 c. sugar  
1/2 stick butter  
1 tsp. cinnamon

Melt the above in a saucepan. When it starts to bubble, pour over the baked pancake and put back in oven for 3 minutes.

Serve as a "different" dinner with sausage or bacon.

Sue Grisko

BAR-B-Q-BEEF

1 lb. ground beef  
1 medium onion  
1 tsp. chili powder  
1 c. catsup  
1 Tbsp. vinegar  
2 Tbsp. Worcestershire sauce  
3 Tbsp. sugar  
2/3 or 3/4 c. water

(Continued)

BAR-B-Q-BEEF - Continued

Melt some crisco in pot. Add onion; let cook 10 minutes until onions are yellow. Mix all above ingredients except beef and add to onions. Let simmer SLOW 1/2 hour. Meantime brown ground beef in pan. Add meat to onion mixture then simmer 1/2 hour or longer. Larger quantity double everything or triple.

Joanne Heizer

BARBECUED SPARERIBS

3 or 4 lbs. ribs  
1 lemon  
1 onion  
1 c. catsup  
2 Tbsp. Worcestershire sauce  
3/4 tsp. chili powder  
1/2 tsp. salt  
2 c. water

Cut up ribs and place in roasting pan, meaty side up. On each piece place a slice of unpeeled lemon and a thin slice of onion. Roast in oven 450° 30 minutes.

Combine remaining ingredients; bring to a boil and pour over ribs. Continue baking at 350° until tender, about 45 minutes to an hour. Baste ribs with sauce every 15 minutes. If onion and lemon do not fall off ribs during basting, lift onion and lemon off with fork and let them simmer in sauce during baking.

June Way

BARBECUE RIBS

4 lbs. spareribs, cut in serving pieces  
3 cloves of garlic minced  
1/2 c. soy sauce  
1/2 c. honey  
1/2 c. Worcestershire sauce  
1 c. catsup  
2 Tbsp. mustard  
1/4 c. brown sugar  
2 Tbsp. lemon juice  
1/2 onion sliced

(Continued)



BARBECUE RIBS - Continued

Oven 325°. Bake ribs in shallow pan for 1 hour. Pour off fat. Combine all ingredients and simmer for 10 minutes. Reduce oven to 300°. Pour sauce over ribs. Bake another hour, basting often.

Janet Laz

BEEF AND BROCCOLI

1 flank steak  
3 Tbsp. soy sauce  
1 Tbsp. cornstarch  
1 Tbsp. dry sherry  
1 tsp. brown sugar  
1/2 tsp. garlic powder  
1/4 tsp. M.S.G.  
1/4 c. sliced onion  
5 Tbsp. cooking oil  
1/2 tsp. salt  
1/2 bunch fresh broccoli  
1 beef cube  
1/2 c. water

Cut beef across grain in thin slices. Mix with soy sauce, cornstarch, sherry, sugar, M.S.G., garlic - set aside. Cut broccoli in small pieces. Pour 2 Tbsp. oil in fry pan or wok, add salt and broccoli stirring constantly till dark green, not more than 2 minutes. Remove to dish.

Add 3 Tbsp. oil to same skillet. Add onion and beef mixture, turning till beef is almost done. Add broccoli, beef cube and water - stir and heat for 2 minutes. Serve with rice.

Fran Howard

ITALIAN BEEF

1 4-5 lb. Rump Roast  
1 bottle California Red Burgundy  
2 pkg. McCormick Aujus mix  
Seasoning salt, pepper, garlic salt

(Continued)

ITALIAN BEEF - Continued

Preheat oven - 325°. Total cooking time 1-1/2 to 2 hours. Salt roast and put in oven. After 20 minutes put 1 cup Burgundy over the roast. Again after one hour, put 1 cup wine over roast. Cool and slice roast. Mix Au Jus gravy according to package directions add to pan juices. Before serving heat sliced meat in juices.

Keith Strew

BEEF PATTIES

1-1/2 lb. ground beef  
1/2 c. soft bread crumbs  
3/4 tsp. salt  
1/8 tsp. pepper  
1 egg beaten  
1-1/2 Tbsp. mustard  
6 slices onion  
1 can tomato soup  
6 slices American cheese, 1/4" thick

Combine beef, crumbs, seasoning, and egg. Shape into 6 patties. Place in shallow baking dish. Spread patties with mustard. Top each with onion and cheese. Pour tomato soup over patties. Bake 400° 35-40 minutes.

Marge Johnson

SHERRIED BEEF

3 lb. round steak cut into one inch cubes.

Mix with: 2 cans cream of mushroom soup  
1 pkg. dry onion soup mix  
1/2 c. cooking sherry  
Optional: mushrooms

Bake in 325° oven for 3 hours (covered). Serve with rice, potatoes or noodles.

Carol McGuire



BEEF STEAK TACOS

2 lbs. beef roundsteak  
1 Tbsp. Worcestershire sauce  
Salt  
Oil  
2 green peppers, diced  
1/2 c. chopped onion  
1 clove garlic, minced  
1 tsp. oregano  
Taco shells  
1 small head lettuce, shredded

Cut roundsteak into thin slices. Mix steak, Worcestershire and 1 tsp. salt. Set aside.

In large skillet over high heat in 2 Tbsp. oil cook peppers, onions, garlic, oregano and 1/2 tsp. salt til vegetables are tender crisp. Add more oil and stir fry meat. Line taco shells with lettuce and add meat mixture. Top with sour cream and Taco Sauce.

Meat mixture can be made a day ahead and served cold.

Judi Wickstrom

STIR FRIED BEEF AND BEAN SPROUTS - 4 servings

1/2 lb. flank steak  
1 green pepper  
1 onion  
2 c. bean sprouts  
1/2 Tbsp. soy sauce  
1/2 Tbsp. sherry  
1 Tbsp. oil  
1 clove garlic, crushed  
2 thin slices fresh ginger root, minced  
1/4 tsp. salt  
3 to 4 Tbsp. chicken broth

(Continued)

STIR FRIED BEEF AND BEAN SPROUTS - Continued

Slice the beef into 1/8-inch thick. Remove membrane and seeds from green pepper and cut into strips. Cut the onion into thin strips. If fresh bean sprouts are used, blanch them in boiling water for 30 seconds. Rinse under cold running water and drain. If canned bean sprouts are used, put them in ice water for 1/2 hour to restore their crispness and drain.

In a bowl, mix soy sauce, sherry and cornstarch until well blended. Add the beef; toss to coat and leave for about 10 minutes. Heat half of the oil in a large skillet and when hot, add the beef. Stir fry for about 2 minutes, then remove from pan and keep warm. Add remaining oil and heat. Put garlic, ginger root and salt into the pan and stir fry for 1 minute. Remove garlic. Add pepper and onion and stir fry for 1 minute. Add bean sprouts and stir fry for 1 more minute. Pour in the chicken broth and heat until boiling. Return the beef and stir fry for 30 seconds to reheat. Serve immediately.

Kim Stremich

BEEF STROGANOFF

1/4 c. shortening  
1 large onion  
2 lbs. round steak (cut in strips)  
1 tsp. salt  
1/4 tsp. pepper  
1 c. beef consomme  
1/2 c. sherry  
1 Tbsp. horseradish  
2 Tbsp. Worcestershire sauce  
1/4 c. flour blended with water  
1/2 c. water  
2 4oz. cans of mushrooms - drained  
1 c. sour cream

(Continued)



BEEF STROGANOFF - Continued

Saute onion in butter for 5 minutes. Remove onion from pan. Add beef and brown well on all sides. Season - stir in consomme, water, wine, Worcestershire, and horseradish.

Cover and simmer 2 - 2-1/2 hours until tender. Add mushrooms and flour blended with water. Cook until thickened. Stir in cream. Be careful not to boil after the cream is added. Serve immediately over rice.

Sue Grisko

BEER BATTER FISH

1 lb. fish fillets  
3 to 4 Tbsp. Bisquick Baking Mix  
1 c. Bisquick mix  
1/2 tsp. salt  
1 egg  
1/2 c. beer

Heat vegetable oil (1-1/2 inches) in heavy saucepan or deep fat fryer to 350°. Lightly coat fish with 3 to 4 Tbsp. baking mix. Mix 1 cup baking mix, the salt, egg and beer until smooth. Dip fish into batter, letting excess drip into bowl. Fry until golden brown, about 2 minutes on each side; drain. 4 servings.

Eileen Christensen

CABBAGE ROLLS (GOLABKI)

1 lb. ground beef  
1/2 lb. ground pork or veal  
1 large head cabbage  
1 c. uncooked rice  
1 egg  
1 onion chopped fine  
Salt and pepper to taste

1. Remove core from whole head of cabbage with a sharp knife. Scald the cabbage in boiling water. Remove a few leaves at a time as they begin to wilt. Cool before using.

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CABBAGE ROLLS (GOLABKI) - Continued

2. Cook rice as directed. Cool.
3. Saute' onion until it becomes transparent. Combine with meat, egg, rice and seasonings and mix well. Spread each leaf with meat, about half inch thick; fold two opposite sides and roll, starting with one of the open ends.
4. To cook - place rolls in baking dish (line with foil to prevent burning). Cover with 5 slices of bacon and 1 large can of tomato puree or sauce. Bake covered at 300° for approximately 2-1/2 hours.

Golabki may be served with a mushroom sauce, tomato sauce or a tangy tomato sauce made from - 1/2 onion grated - 1/2 bottle of ketchup - 3 Tbsp. sour cream - mix and heat - pour over rolls.

Katherine Smolak

CANDIED CHICKEN

Fryer chicken (cut-up)  
Salt  
Pepper  
Garlic powder  
Light brown sugar  
Butter or margarine

There are no exact measurements in this recipe. "You just can't go wrong".

Place cut-up fryers in a shallow baking pan. Sprinkle with salt and pepper to taste, then add garlic powder lavishly.

Sprinkle each piece with light brown sugar. Dot with butter or margarine and bake at 350° for 1-1/2 to 2 hours. Seasonings will become candied.

Therese Sokolski



CASHEW CHICKEN

3 whole chicken breasts  
1/2 lb. edible pod peas  
1/2 lb. mushrooms  
4 green onions  
1 can (15oz.) bamboo shoots, drained  
1 Tbsp. chicken stock base dissolved in 1 c. water or  
1 c. regular chicken broth  
1/4 c. soy sauce  
2 Tbsp. cornstarch  
1/2 tsp. each sugar and salt  
1/4 c. salad oil  
1 pkg. (4oz.) cashew nuts

Bone chicken and remove skins. Slice horizontally in 1/8-inch thick slices, then cut in 1 inch squares. Remove the ends and strings from fresh pea pods. Wash and slice mushrooms. Cut the green part of the onions into 1 inch lengths; slice the white part 1/4 inch thick. Slice bamboo shoots.

Mix together the chicken broth, soy sauce, cornstarch, sugar and salt.

To Cook: Heat 1 Tbsp. of the oil over moderate heat (350°), add nuts all at once, and cook 1 minute, shaking pan, until lightly toasted; remove from pan and set aside. Add remaining oil to pan, add chicken and cook quickly until it turns opaque. Add peas and mushrooms; pour in broth, cover and simmer 2 minutes. Add bamboo shoots. Stir the soy sauce mixture into pan and cook until sauce is thickened, stirring constantly, then simmer 1 minute uncovered. Mix in the green onions. Sprinkle with nuts.

Nedra Steury

CHICKEN A-LA-KING

6 Tbsp. butter ) Cook until bubbling - stir in:  
6 Tbsp. flour )  
1 tsp. salt )  
1/8 tsp. pepper )

1-1/2 c. chicken broth ) Bring to boil 1 minute stirring  
1 c. milk ) constantly. Stir in:

1 c. chicken  
1 c. mushrooms  
1/2 c. green pepper  
1/4 c. pimento

Place over baked frozen pepperidge shells.

Pat Nicholson

CHINESE CHICKEN WALNUT

1-1/2 c. uncooked chicken cubed (pref. white meat)  
3 Tbsp. peanut oil  
1 Tbsp. butter or margarine  
3/4 c. coarsely broken walnuts  
2 Tbsp. soy sauce  
1 Tbsp. lemon juice

Heat oil in skillet or wok until sizzling hot over medium heat. Add chicken and quickly stir until it begins to brown. Add butter and nuts. Continue to cook uncovered, stirring often, until chicken is tender. Turn off heat, add soy sauce and lemon juice. Stir so chicken is well coated with sauce. Serve with rice.

Millie Hamby

CHICKEN DELIGHT

6 chicken breasts  
Dried beef  
Bacon  
2 cans mushroom soup  
1 c. sour cream

(Continued)



CHICKEN DELIGHT - Continued

Skin, debone, and cut chicken in half. Wrap 1 slice of dried beef around chicken, secure with toothpick. Lay 1/2 slice bacon on each piece. Mix soup and sour cream, pour over chicken. Bake 1-1/2 hours at 350°.

Arlene Olberg

CHICKEN DIVAN

2 pkgs. (10oz. each) frozen broccoli spears cooked and well drained  
4 chicken breasts (double) cooked  
2 cans cream of chicken soup  
1 c. mayonnaise (not Miracle Whip)  
1 tsp. lemon juice  
1/2 c. shredded sharp cheddar cheese  
1/2 c. corn flake crumbs  
1 Tbsp. melted butter

Arrange broccoli spears on the bottom of a 12x7-1/2x2" baking dish, cutting large spears in half lengthwise. Place large slices of cooked chicken in single layer over the broccoli. Combine soup, mayonnaise, lemon juice and pour over the first two layers. Sprinkle cheese on top of this. Combine melted butter and corn flake crumbs and sprinkle on top. Bake at 350° for 30 minutes. Serve with rice or noodles cooked in chicken broth. Serves 8-10.

Marge Johnson

CHICKEN BREASTS FLORENTINE

2 10oz. pkgs. frozen chopped spinach  
3 whole large chicken breasts, skinned, boned and halved  
1 rib celery, cut up  
1/2 medium onion, cut up  
1/2 tsp. salt  
1/4 c. butter or margarine  
1/4 c. all purpose flour  
Dash white pepper  
1 c. light cream  
1/2 c. grated Parmesan cheese  
Dash ground nutmeg

(Continued)

CHICKEN BREASTS FLORENTINE - Continued

Cook spinach according to package directions; drain well.

Place chicken in saucepan with celery, onion, salt and 1 cup water. Bring to boil; reduce heat and simmer till meat is tender, about 20 minutes. Remove chicken from broth. Strain broth; reserve 1 cup. Discard vegetables. In saucepan melt butter; blend in flour and pepper. Stir in reserved broth and cream. Cook and stir till thickened and bubbly. Remove from heat; stir in 1/2 cup of the sauce into drained spinach along with half the cheese and the nutmeg; spread in a 10x6x2" baking dish. Arrange chicken atop. Pour remaining sauce over all. Sprinkle with remaining cheese and more nutmeg, if desired. Bake, uncovered, at 375° till lightly browned, 25 to 30 minutes. Serves 6.

Carmen Hall

FRIED GINGER CHICKEN THIGHS

12 chicken thighs

1/4 c. oil

6 Tbsp. each: dry vermouth, soy sauce, sugar

6 slices fresh ginger 1/4" thick

Wash chicken; pat dry. Mix vermouth, soy sauce and sugar. Heat oil in large skillet. Add chicken, skin side down and ginger. Brown well.

Drain all but 2 Tbsp. oil from pan. Pour soy sauce mixture over chicken. Cover and cook til sauce is thick and chicken is fork tender. Remove ginger.

Judi Wickstrom

CHICKEN 'N HAM ROLL-UPS

3 whole chicken breasts (boned)

6 slices swiss cheese

1 can asparagus soup

1 pkg. frozen asparagus or broccoli

1 pkg. Shake & Bake for chicken

1 tsp. chili powder

(Continued)



CHICKEN 'N HAM ROLL-UPS - Continued

6 slices boiled ham  
1 pkg. chicken broth (ie. Herb OX)  
1/4 c. white wine (dry)

On chicken breasts place skin side down, place in order 1 piece ham, cheese, asparagus or broccoli. Roll and secure with toothpick. Place in slightly buttered pan. Mix chili powder with Shake & Bake then sprinkle over rolls covering completely. Bake for 1/2 hour in 325° oven.

Combine broth, soup and wine. Pour over rolls after they have been in oven 1/2 hour. Bake for another 1/2 hour.

Marty Zilic

CHICKEN PARMESAN

3-4 chicken breasts (6-8 pieces)

Single layer in baking pan.

Mix together: 2 cans cream of chicken soup and  
1 c. Parmesan cheese (very thick)

Pour over chicken, coating all pieces. Bake at 350°  
1 - 1-1/2 hours.

Pat Wilken

PARMESAN CRUMBED CHICKEN - Serves 4-6

2 c. fresh bread crumbs  
1/3 c. Parmesan cheese  
1 tsp. thyme  
1/2 tsp. salt  
Pepper  
4 chicken breasts, boned and skinned  
2 eggs  
2 Tbsp. water  
6 Tbsp. butter  
2 Tbsp. olive oil

(Continued)

PARMESAN CRUMBED CHICKEN - Continued

Combine crumbs with Parmesan and seasonings; set aside. Cut each chicken breast in 4 strips. Lightly beat eggs and mix in water. Dip chicken pieces in egg mixture, then in crumbs. In skillet, heat 3 Tbsp. butter and 1 Tbsp. olive oil. Add as many chicken pieces as will fit in one layer and saute on each side until well browned. Remove chicken and browned crumbs to platter. Heat remaining butter and oil. Saute remaining chicken.

Judy Greene

CHICKEN RICE DISH

1/2 c. raw rice

2 c. milk

1 can cream of mushroom soup

1 can cream of celery or cream of chicken soup

Stir in 9x13" pan. Place pieces of frying chicken on top. Bake 1-1/2 hours at 350°.

Julie King

BREAST OF CHICKEN ON RICE

1 can (10-1/2oz.) condensed cream of mushroom soup

1 soup can milk

3/4 c. uncooked regular rice

1 can (4oz.) mushroom stems and pieces (optional)

1 envelope (about 1-1/2oz.) dry onion soup mix

2 chicken breasts split in 1/2

Heat oven to 350°. Blend mushroom soup and milk; reserve 1/2 cup of the mixture. Stir together remaining soup mixture, the rice, mushrooms and 1/2 the onion soup mix. Pour into an ungreased baking dish 11-1/2x 7-1/2x1-1/2".

Arrange chicken breasts on rice mixture and sprinkle with remaining onion soup mix. Cover; bake 1 hour. Uncover; bake 15 minutes longer. Yield: 4 servings.

Kathy Jensen



CHICKEN BREASTS WITH RICE

2 c. Minute Rice  
1 can cream of celery soup  
1 can cream of mushroom or cream of chicken soup  
1 can water  
5 chicken breasts  
1/2 pkg. Lipton onion soup

Mix together rice, celery and mushroom soups, and water. Put in a 9x13" baking dish. Cover rice with 5 halved chicken breasts (may be boned if desired). Sprinkle with Lipton's onion soup - 1/2 package. Bake at 325° at least 2 hours. Seal with foil before baking.

Marge Johnson

CHICKEN ROLL-UPS

3 whole chicken breasts (split, skinned and boned)  
6 slices bacon - chopped  
2 Tbsp. margarine  
1 can cream of chicken soup  
1/4 c. water

Place chicken between 2 sheets of waxed paper. Flatten chicken with flat side of knife. Top each with bacon. Roll up and secure with toothpicks. In skillet, brown roll ups in margarine. Stir in soup and water. Cover and cook over low heat 30 minutes or until done, stirring occasionally.

Linda Fack

SWEET & SOUR CHICKEN

1/4 c. brown sugar, firmly packed  
2 Tbsp. cornstarch  
1/2 tsp. salt  
1/4 c. vinegar  
1 Tbsp. soy sauce  
1 can (13-1/4oz.) pineapple chunks  
1 c. green pepper strips  
1/4 c. thinly sliced onions  
6 Tbsp. butter  
1 fryer chicken - cut (2-1/2 - 3 lbs.)  
Hot cooked rice

(Continued)

SWEET & SOUR CHICKEN - Continued

In a bowl combine sugar, cornstarch and salt. Gradually add vinegar, soy sauce, pineapple with syrup, green pepper, onion. Set aside.

Melt butter in large skillet. Brown chicken on both sides. Cover and cook 30-40 minutes or until tender. Remove chicken from skillet. Add pineapple mixture, cook over medium heat stirring constantly, until thickened. Return chicken to skillet, cover and simmer 5-10 minutes. Serve on hot rice.

Linda Phillips

CHICKEN IN WINE

8 slices bacon  
1 (2-1/2 to 3 lb.) fryer, cut up  
12 small white onions  
1 clove garlic, crushed  
1/2 c. sliced green onions  
1-1/2 tsp. minced parsley  
1 Tbsp. butter  
2 Tbsp. flour  
1-1/2 c. dry red wine  
1-1/2 tsp. brown bouquet sauce  
1/2 tsp. salt  
Dash freshly ground pepper  
Dash thyme  
1 small bay leaf  
1/4 lb. fresh mushrooms, slice or 1 (3oz.) can  
sliced mushrooms or pieces  
Cooked rice

Fry bacon over medium heat, about 3 minutes on each side until golden brown. Remove and set aside. Brown chicken pieces in bacon drippings about 15 to 20 minutes on each side. Remove chicken; add onions, cook 3 minutes until lightly browned. Add garlic, green onions and parsley. Cook 2 minutes. Push to one side of pan, melt butter, stir in flour and cook until bubbly. Add wine, bouquet sauce, seasonings, mush-

(Continued)



CHICKEN IN WINE - Continued

rooms, bacon and chicken. Bring to a boil stirring constantly. Cover, reduce heat, simmer 30 minutes or until chicken is tender. Remove bay leaf. Serve over cooked rice to 3 to 4 people.

Eileen Fancsalszki

CHICKEN BREASTS IN WINE

8 whole and boned chicken breasts  
1 can cream of celery  
1 can cream of mushroom  
8oz. of grated cheddar cheese  
1 can cream of chicken  
1/2 c. of dry vermouth

Mix soups and dry vermouth together. Pour over chicken breasts and sprinkle cheddar cheese on top. Bake 325° 2-1/2 hours in a 13x9" pan.

Eileen Sheehan

ZESTY BAKED CHICKEN

1 3 lb. chicken pieces  
1 c. dry bread crumbs  
1/3 c. grated Parmesan cheese  
1/4 c. minced parsley  
1/4 tsp. pepper  
1-1/2 sticks melted butter or margarine  
1 clove minced garlic

Oven 350°.

1. Mix crumbs, cheese, parsley, pepper, pinch of salt.
2. Combine margarine and garlic.
3. Dip chicken in butter then into crumbs.
4. Sprinkle with remaining crumbs.
5. Bake in a shallow pan for 50 minutes.

Judie Guest

MIDWEST CHOWDER

3 c. diced potatoes  
1-1/2 c. sliced carrots  
1 c. sliced celery  
1/2 c. chopped onion  
1-1/2 tsp. salt  
1/4 tsp. pepper  
3 c. boiling water  
1/4 c. margarine  
1/4 c. flour  
2 c. milk  
10-12oz. shredded sharp cheddar cheese  
1 can cream-style corn (1 lb.)

Combine vegetables and seasonings; add water. Cover; simmer 10 minutes. Do not drain. In separate pan, make white sauce with margarine, flour and milk. Add shredded cheese and stir until melted. Add corn and combine with undrained vegetables. Heat; do not boil. Especially good when prepared the day before and reheated.

Nedra Steury

CORNISH HENS WITH RICE

1/4 c. margarine  
1/2 c. chopped celery  
1 can (4oz.) sliced mushrooms, drained  
3/4 c. white rice  
3/4 c. wild rice (or brown rice)  
2 envelopes onion soup mix  
4 c. boiling water  
4 cornish hens

Heat 2 Tbsp. margarine. Saute celery and mushrooms until golden. Add white rice and saute until golden. Stir in wild rice. Spread mixture on bottom of roasting pan. Combine soup mix with boiling water. Pour over rice mixture. Place hens on top and brush with melted margarine. Roast in a 400° oven for 60 minutes. Stir rice mixture once or twice during roasting. Serves 4.

Karen Leslie



MARINATED CUBED STEAKS

- 2 8oz. cans tomato sauce
- 1 clove garlic, crushed
- 3 Tbsp. salad oil
- 2 Tbsp. vinegar
- 1 Tbsp. soy sauce
- 1 tsp. each: rosemary, dry mustard
- 6 cubed steaks

Mix all ingredients except steaks. Cover meat with mixture. Let stand for at least 30 minutes. Broil about 5 inches from heat source, turning once, until desired degree of doneness is reached.

Beverly Jur

FILLETS FLORENTINE - Serves 3-4

- 1 lb. perch fillets, thawed
- 1 can cream of shrimp soup
- 1 pkg. frozen chopped spinach
- 3 Tbsp. white wine
- 4 Tbsp. butter
- 1/2 tsp. salt
- 1/4 c. dry bread crumbs
- 1/4 c. Parmesan cheese

Preheat oven to 350°. Cook spinach and drain thoroughly. Heat undiluted soup and stir in wine gradually. Arrange spinach on bottom of buttered flat baking dish. Top spinach with single layer of fillets. Dot with 2 Tbsp. butter; sprinkle with salt. Pour soup over fish. Melt remaining butter; combine with crumbs and cheese; sprinkle over top. Bake uncovered for 25 minutes.

Judy Greene

FLANK STEAK TERIYAKI

- 3/4 c. vegetable oil
- 1/4 c. soy sauce
- 1/4 c. honey
- 1 clove garlic, minced
- 1-1/2 tsp. ground ginger
- 1 Flank steak, about 1-1/2 lbs., not scored

(Continued)

FLANK STEAK TERIYAKI - Continued

Combine marinade ingredients. Pour over steak. Marinate for at least 4 hours (better overnight in refrigerator and set out at least 3-4 hours), turning occasionally. Barbeque over hot coals or oven broiler, turning once. Baste occasionally with marinade. Carve into thin slices, cutting on the diagonal.

Linda Gibbon

HAM TETRAZZINI

2/3 c. butter  
1/2 c. all purpose flour  
1 c. hot milk  
1 c. hot chicken bouillon  
1/2 tsp. salt  
1/2 tsp. pepper  
1/8 tsp. ground nutmeg  
1/4 c. dry sherry  
3/4 c. heavy cream  
1 lb. thin spaghetti  
1/2 lb. fresh mushrooms, sliced  
2 c. diced cooked ham  
1 small green pepper, seeded and cut into rings  
1/2 c. grated Romano cheese  
1 large tomato  
Garlic croutons

Heat 1/2 cup butter and stir in flour. Combine hot milk and hot bouillon and stir into flour mixture. Cook, stirring, until sauce is smooth and thickened. Blend in salt, pepper, nutmeg and sherry. Stir in cream and remove from heat. Cook and drain spaghetti. Saute mushrooms and green pepper in 2 Tbsp. of butter for 5 minutes. Mix together mushrooms, peppers, ham, sauce and spaghetti. Place in buttered shallow baking dish. Slice tomatoes and arrange on top of the spaghetti mixture. Sprinkle with Romano cheese and buttered croutons. Bake at 400° for 20-25 minutes. Makes 6 to 8 servings.

Sandy Landwehr



SKILLET HOFBRAU HASH

4 Tbsp. butter  
2 Tbsp. brown sugar  
2 medium apples, cored, pared, sliced (2 c.)  
1/4 c. onion  
3 c. (12oz.) frozen loose pack hash brown potatoes  
1 16oz. can sauerkraut, rinsed and drained  
1 12oz. pkg. smoked sausage links cut in 1" pieces  
(ie Eckrich)  
1/2 tsp. poppy seeds  
1/2 tsp. salt  
1/8 tsp. pepper

In a 12" skillet melt butter. Add brown sugar. Stir in apples and onion. Cook until almost tender (3 minutes). Stir in frozen potatoes, kraut, sausage and seasonings. Simmer covered about 8-10 minutes or until heated through, stirring occasionally.

Sue Grisko

ITALIAN SHELLS

30 large Italian shells (pasta)  
2 lbs. ricotta cheese  
2 eggs  
1 tsp. salt  
2 Tbsp. parsley  
4oz. shredded mozzarella cheese  
2 Tbsp. grated Romano cheese (or Parmesan)  
1/4 lb. raw hamburger (optional)  
Spaghetti sauce  
1/4 c. Romano cheese (or Parmesan)

Cook shells for 5 minutes in 8 quarts of boiling water to which 2 Tbsp. oil and 1 Tbsp. salt have been added. Drain and rinse with cold water. Combine next seven ingredients in large bowl and mix well. Fill shells with cheese mixture and place in 13x9" baking pan. Top with 2-3 cups spaghetti sauce and 1/4 cup Romano. Can be refrigerated for 24 hours or frozen at this point. Bake in 350° oven for 30-45 minutes until bubbly. Serve with additional spaghetti sauce.

Terri DeSario

LASAGNA

1 lb. ground beef  
2 cans tomato soup  
1/2 can water  
1/4 lb. sausage (optional)  
Lasagna noodles  
2 tsp. vinegar  
2 tsp. oregano  
Garlic salt to taste  
1/2 lb. ricotta cheese  
1/2 lb. mozzarella cheese

Brown ground beef and sausage pieces. Add tomato soup, water, vinegar, oregano and garlic salt, cook 20 minutes. Cook lasagna noodles as directed on package.

Combine: First layer of noodles must cover entire pan bottom. Cover with sauce, then some ricotta (mixed with an egg and Tbsp. water), then a layer of sliced mozzarella. Repeat about 3 times ending with sauce on top.

Use an 8x8" pan. For double recipe use 9x13" pan. Bake about 30 minutes at 375°.

Terri McDonald

LONDON BROIL

1-1/2 to 2 lb. London Broil Roast (available at Dominick's)  
1 Tbsp. tomato paste  
1/2 to 1 tsp. garlic salt  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 c. red wine vinegar  
1 c. water  
1 bay leaf  
2 Tbsp. melted butter

Score London Broil on both sides. Blend all ingredients except butter. Place meat in marinade, cover and refrigerate overnight. Remove meat and bay leaf. Transfer marinade into saucepan with melted butter. Broil meat as you would a steak, spooning marinade over meat. Slice diagonally very thin. Serves 4.

Joan Johnston



BURIED TREASURE MEAT LOAF

2 lbs. ground beef  
1 egg  
Splash dry vermouth  
1 small onion (chopped)  
1/2 green pepper (chopped)  
1 slice bread (torn)  
Dash Worcestershire  
Dash A-1 Steak Sauce  
Lawry's salt and pepper  
1 Gouda Cheese

Form loaf around whole peeled Gouda cheese. Top with light coating of 3 parts ketchup to 1 part wine vinegar. Bake in 350° oven for 1 hour. Use a square pan or dish, as the meatloaf will be round. The cheese will seep through the meat - it's your Buried Treasure surfacing.

Sally Schiavone

EASY EGG OMELET

4 c. plain croutons  
2 c. sharp cheddar cheese, shredded  
8 eggs  
1 tsp. salt  
1/4 tsp. onion powder  
1 tsp. prepared mustard  
Pepper to taste  
4 c. milk  
1 lb. bacon or bacon bits

Grease a 9x13" pan, pour in the 4 cups croutons, add 2 cups shredded cheddar cheese. In separate bowl - beat 8 eggs, salt, onion powder, mustard and pepper. Add 4 cups of milk to egg mixture, mix well. Pour over croutons and cheese; top with bacon - cover and refrigerate overnite. Bake 325°, 55 minutes. Serves 10 to 12 people.

Vickie Semler

PEPPER STEAK ORIENTAL

1-1/2 lbs. boneless beef round tip, cut in 1/2" slices  
3 Tbsp. soy sauce  
1 Tbsp. cooking oil  
Dash freshly ground pepper  
1/2 tsp. grated gingerroot or ground ginger  
1 clove garlic, minced  
1 Tbsp. cooking oil  
1 medium green pepper, sliced  
2 c. sliced fresh mushrooms, (about 5oz.)  
6 green onions with tops, cut in 1/2-inch pieces  
1/2 c. beef broth  
1 Tbsp. cornstarch  
2 medium tomatoes, cut in wedges  
Hot cooked rice

Partially freeze beef slices; cut diagonally into 1/4-inch strips. In large bowl combine soy sauce, 1 Tbsp. oil, and pepper. Add beef; toss to coat well. Let stand several hours in refrigerator. Drain beef, reserving marinade, (I usually prefer to double amounts on marinade).

In wok or skillet, heat ginger and garlic in 1 Tbsp. oil. Add beef; stir-fry till beef is browned, about 4 minutes. Remove beef with slotted spoon. Add green pepper, mushrooms, and onions to wok or skillet. Cook and stir till vegetables are crisp-tender, about 2 minutes; return beef to skillet.

Combine reserved marinade, beef broth, and cornstarch; pour over beef mixture. Cook and stir till thickened and bubbly. Add tomatoes; cover and cook till heated through, about 2 minutes. Serve with rice. Makes 6 servings.

Sue Hall

PORK CHOP/POTATO HOT POT

4 chops (2 lbs.)  
1 tsp. salt  
1 medium onion, sliced  
4 medium potatoes, sliced (2 lbs.)  
1 can cheddar cheese soup

(Continued)



PORK CHOP/POTATO HOT POT - Continued

Preheat oven to 350°. Brown chops in their extra fat (cut off) sprinkling with salt and pepper. Put potatoes, onions, and then chops in a casserole. Spoon cheese soup (undiluted) over all. Bake for one hour - covered.

Sue Grisko

BAKED PORK CHOPS

4 pork chops  
1/3 c. finely chopped celery  
2 Tbsp. brown sugar  
1/2 c. water  
Juice of 1/2 lemon  
1/2 tsp. mustard  
2 c. tomato sauce  
1/2 tsp. salt  
1/8 tsp. pepper

Brown chops in fat. Place in shallow greased baking dish. Sprinkle with celery, brown sugar, lemon juice and seasonings. Pour on tomato sauce and water. Cover and bake at 350° for 1-1/2 hours or until tender. (Serves 4).

Carol McGuire

PINEAPPLE PORK CHOPS

5 or 6 thick pork chops (about 3/4 inch)  
1 can pineapple  
Soy sauce

Place thick pork chops in a baking pan. Mix equal parts of soy sauce and the juice of canned pineapple. Pour over the chops, allowing the liquid to come up about halfway. Put a half-slice of pineapple on each chop. Bake uncovered at 325° for 1-1/2 hours.

Marsha Stefan

PIZZA GRILLED SANDWICH

1 c. sour cream	( Cotto Salami
1/4 tsp. oregano	( Mozzarella Cheese
3 Tbsp. finely chopped onion	( Tomato Slice
	( Bread Slices

Mix together. Spread on bread which has been buttered on both sides. Layer cotto salami, tomato slice, and mozzarella cheese. Sprinkle with seasoned salt. Top with another buttered slice of bread and grill on both sides.

Donna Henry

POT ROAST B.B.Q.

4 lb. Pot Roast  
2 Tbsp. flour  
1 Tbsp. brown sugar  
1 tsp. salt  
Dash pepper  
1/2 tsp. dry mustard  
3/4 c. ketchup  
1-1/2 Tbsp. Worcestershire sauce  
1 Tbsp. red wine vinegar  
1 green pepper, chopped  
1 medium onion, sliced

Sear meat - 10 minutes each side on medium heat. Combine ingredients 2-8 for sauce. Make a cross with heavy foil, spread some sauce in middle. Place meat in middle - cover with remaining sauce and place green pepper and onions on top. Seal up tightly in foil. Place in 9x13" baking dish. Oven - cook 325° for 2 hours. Grill - 2 hours on Low.

Judie Guest



HAMBURGER QUICHE

1 unbaked 9 inch pastry shell  
3/4 lb. ground beef  
1/2 c. mayonnaise  
1/2 c. milk  
2 eggs  
1 Tbsp. cornstarch  
1-1/2 c. (1/2 lb.) chopped cheddar  
1/3 c. sliced green onion  
Dash pepper

Brown meat in skillet over medium heat. Drain fat and set aside. Blend mayonnaise, milk, eggs and cornstarch till smooth. Stir in meat, cheese, onion and pepper. Turn into pastry shell. Bake in 350° oven 35-40 minutes or until golden brown on top and knife inserted in center comes out clean. Serves 6-8

Joanne Hackman

QUICHE LORRAINE

1-1/4 c. shredded swiss cheese  
4 large eggs  
1-1/4 c. cream  
1-1/4 c. milk  
1/2 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. nutmeg  
1 Tbsp. butter  
10-12 pieces bacon, cooked and cut in pieces  
1 tsp. chopped onion (optional)

Scald milk and cream. Take off heat. Add spices, eggs, cheese, and bacon; mix. Pour mixture into 9" pie crust. Dot with pieces of butter. Bake at 375° 35-40 minutes. Serves 4-5.

Carol Trejo

TOMATO QUICHE

1/2 lb. ground beef  
1/2 c. chopped onion  
4 eggs, well beaten  
1 can tomato bisque soup  
1 frozen 9-inch pie shell, thawed

Cook beef with onion until browned; drain fat. Cool meat slightly. Combine eggs with soup. Stir in beef mixture and blend well. Prick bottom and sides of pie shell with fork. Pour egg/meat mixture in shell. Bake in 375° oven 30-35 minutes or until center is set. Serve hot.

Judy Greene

INSIDE-OUT RAVIOLI

1 lb. ground beef  
1 medium onion, chopped  
1 clove garlic, minced  
1 Tbsp. salad oil  
1 (10oz.) pkg. frozen chopped spinach  
1 16oz. jar spaghetti sauce with mushrooms  
1 8oz. can tomato sauce  
1 6oz. can tomato paste  
1/2 tsp. salt  
Dash of pepper and oregano  
1 7oz. pkg. macaroni shells  
1 c. shredded cheddar cheese  
1/2 c. bread crumbs  
2 well beaten eggs  
1/4 c. salad oil

Brown first three ingredients in the oil. Cook spinach according to package, reserving liquid; add water to make one cup. Stir spinach liquid and next five ingredients into meat mixture, simmer 10 minutes. Combine spinach with remaining ingredients. Spread in a large baking dish. Top with meat mixture. Bake at 350° for 30 minutes. Let stand 10 minutes before cutting. Serves 8 to 10. Can be made in advance, but do not bake for 30 minutes. Instead freeze the casserole. The day of the party let thaw and then bake before serving.

Karen Leslie



RICE RING WITH CREAMED EGGS

- 1 c. uncooked regular rice or equivalent amount of Minute Rice
- 1-1/2 c. grated cheddar cheese
- 3/4 c. chopped onion
- 1 Tbsp. butter
- 1 can condensed cream of mushroom soup
- 3 Tbsp. diced pimento with liquid (optional)
- 2 Tbsp. chopped parsley
- 6 hard cooked eggs, quartered

Prepare rice according to package directions. Press rice and cheese in alternating layers in a greased, 1 quart ring mold. Keep warm.

Saute onions in butter until transparent. Stir in soup and parsley. Fold in eggs. Heat thoroughly. Unmold rice ring on hot platter and fill center with creamed eggs. Serves 6.

Joanne Hackman

ROMAN VEAL SCALLOPINI - 6 servings

- 8 Tbsp. butter
- 3/4 lb. mushrooms, sliced
- 1 small onion, finely chopped
- 1 clove garlic, peeled
- 3 c. parsley, chopped
- Peeled fresh tomatoes, about 2 lbs.
- 2/3 c. dry white wine
- Salt
- 1/4 tsp. dried tarragon leaves, crushed
- 12 thin veal scallops (1-1/2 lbs.)
- 1/8 tsp. pepper
- Grated Parmesan cheese

1. In 5 Tbsp. hot butter in skillet, saute mushrooms until golden brown, about 5 minutes.
2. Add tomatoes, wine, 3/4 tsp. salt, and the tarragon, stirring until well-blended. Reduce heat, simmer covered and stir occasionally, 30 minutes.
3. Wipe veal with damp paper towels. Sprinkle with 1/2 tsp. salt and pepper.

(Continued)

ROMAN VEAL SCALLOPINI - Continued

4. Heat 3 Tbsp. butter in another skillet, add veal a few at a time. Cook until lightly browned on both sides. Remove and keep warm.
5. Return veal to skillet. Remove garlic from sauce. Pour sauce over veal, simmer covered 5 minutes. Sprinkle with Parmesan cheese.

Barbara Cella

SLOPPY JOES

- 2 Tbsp. vinegar
- 2 Tbsp. sugar
- 4 Tbsp. lemon juice
- 3 Tbsp. Worcestershire sauce
- 1/2 tsp. dry mustard
- 1/2 tsp. paprika
- 1/2 tsp. chili powder
- 1 c. catsup
- 1/2 c. water
- 1/2 c. chopped celery
- 1 chopped green pepper
- Salt to taste
- 1 large chopped onion
- 2 lbs. ground chuck

Brown ground chuck and onions, meanwhile: simmer other ingredients over low heat for one half hour. Add browned meat and onions simmering for another fifteen minutes. Add sweet relish before serving if desired. Serve over hot dog on buns as a "Coney Island" Dog, or over hamburger buns as "Sloppy Joe".

George Steiner

STEAK DIANE

- 4 Filet Mignons
- 6 Tbsp. butter
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. lemon juice
- Pinch dry mustard
- 2 Tbsp. chopped chives
- Freshly ground pepper

(Continued)



STEAK DIANE - Continued

Broil steaks to taste. Melt butter in small pan. Stir in Worcestershire sauce, lemon juice, dry mustard, chopped chives, and pepper. Pour over steaks.

Sandy Bidwill

ONION STEAK SAN MARCO

2 lbs. Sirloin Steak (cut into serving pieces)  
1 envelope dry onion soup mix  
1 can Italian tomatoes  
1 tsp. oregano  
1 tsp. basil  
1 clove garlic (or 3/4 tsp. garlic salt)  
2 Tbsp. red wine vinegar  
Salt and pepper to taste

Brown steak in small amount of oil, put in skillet - sprinkle oregano, basil, garlic salt, pepper, and soup mix on top. Add vinegar and cut-up tomatoes with juice. Cover and simmer 1-1/2 hours until tender.

George Steiner

PEPPER STEAK

2 lbs. round steak, cut into thin strips about 2x1"  
3 Tbsp. cooking oil  
Water  
2 beef bouillon cubes  
1 green pepper cut into strips  
1 tomato cut into wedges  
3 Tbsp. cornstarch  
2 Tbsp. soy sauce  
Hot cooked rice

Brown meat in hot oil. Add 2 cups water and bouillon cubes and bring to boil. Cover and simmer for 1 hour, or until meat is tender. Add peppers and tomatoes for 5 minutes. Blend cornstarch, soy sauce, and 1/2 cup water. Add to meat mixture and cook, stirring, until thickened. Serve with rice.

Kathy Phillips

BAKED ROUND STEAK

1-1/2 lb. piece of top round  
4 medium potatoes  
1 large onion  
4 Tbsp. butter  
Worcestershire sauce

Place steak in baking dish, salt and pepper, dot with butter and add Worcestershire. Add potatoes and onion sliced in large pieces. Cover with heavy foil. Bake in 350° oven for 1 hour and 15 minutes. Remove foil and cook 15 minutes longer. Serve with a salad and your meal is complete!

Diana Duffin

SAUCY STEAK

1-1/2 lb. round steak  
2 Tbsp. salad oil  
1 can beef consomme  
1/4 c. dry red wine  
1/2 c. sliced onions  
1 can sliced mushrooms  
1 tsp. Worcestershire  
Dash of dry mustard

Freeze meat 1 hour to firm slice into very thin strips. In skillet, cook meat in oil until color changes; pour off fat. Add remaining ingredients. Cook, stirring until thickened. Serve over rice. Makes about 4 cups.

Mrs. Cathy Dolan

ELEPHANT STEW

1 elephant (medium size)  
2 rabbits (optional)  
Salt and pepper

Cut the elephant into small bite-size pieces. This should take about 2 months. Add enough brown gravy to cover; salt and pepper. Cook over kerosene fire for 4 weeks at 465°. This will serve 3,800 people. If more are expected, 2 rabbits may be added, but do this only if necessary, as most people do not like to find hare in their stew.

Anonymous



TUNA PATTIES

1 can Campbell's creamy chicken mushroom soup  
2 cans (7oz.) tuna (drained)  
1/2 c. cornmeal  
1 egg, slightly beaten  
1/2 c. chopped onion  
2 Tbsp. butter  
3/4 c. milk

Mix thoroughly 1/2 cup soup, tuna, cornmeal, egg and onion. Shape into 6 patties. In skillet, brown patties in butter; remove. Stir remaining soup and milk into drippings; add patties. Heat, stir occasionally.

Barbara Duever

TUNA PATTIES

1 6-1/2-7oz. can tuna, drained  
1/2 c. uncooked oats  
1/3 c. shredded carrot  
1 egg  
Dash of salt and pepper  
1/4 c. mayonnaise  
2 Tbsp. green onion slices  
1 slice cheese, cut into 4 triangles (optional)

Combine all ingredients, (except cheese) mix well. Shape into 3 or 4 patties. Brown in 1-2 Tbsp. oil (if needed) for 3-4 minutes. Turn and continue cooking 3-4 more minutes. If desired, place a triangle of cheese on each patty for the last 2 minutes.

Gail Radtke

GLAZED BARBECUE TURKEY

Use 6 to 12 pound turkey. Rinse and dry thawed turkey, season cavity as desired. Tie wings securely over breast, lace cavity if stuffed and tie legs. Cover and cook at 325° for 35 minutes per pound if stuffed; 30 minutes per pound if empty. During last 30 minutes baste with glaze below. Later serve remaining warm glaze on table for meat.

(Continued)

GLAZED BARBECUE TURKEY - Continued

Curry Apple Glaze: 2 Tbsp. butter  
2 tsp. curry powder  
1-1/2 tsp. salt  
1/4 c. minced onion (green onions best)  
10oz. jar apple jelly

Melt butter in a quart saucepan. Add green onions, curry powder and salt; saute until onions are tender (about 5 minutes). Add jelly and stir until melted. Makes about 1 cup.

Marty Zilic

VEAL CUTLETS (ITALIAN STYLE)

1 lb. veal cutlets, thinly cut  
2 eggs  
1/4 tsp. ground nutmeg  
1 tsp. crumbled dried sweet marjoram  
1 tsp. crumbled dried parsley  
4 Tbsp. grated Romano cheese  
Salt and pepper to taste  
Bread crumbs  
Reg. wheat germ  
Olive oil  
Butter  
Fresh lemon juice

Salt meat and pound. Beat in a bowl - eggs, seasonings and cheese. Dip cutlets into egg mixture then coat with mixture of half bread crumbs and wheat germ. Then let set, covered, in refrigerator for 2 hours or more.

Fry in equal parts butter and olive oil until golden brown. Keep warm in a double-boiler. Squeeze lemon directly on cooked cutlets and serve.

Donna Bondioli



EXTRA RECIPES

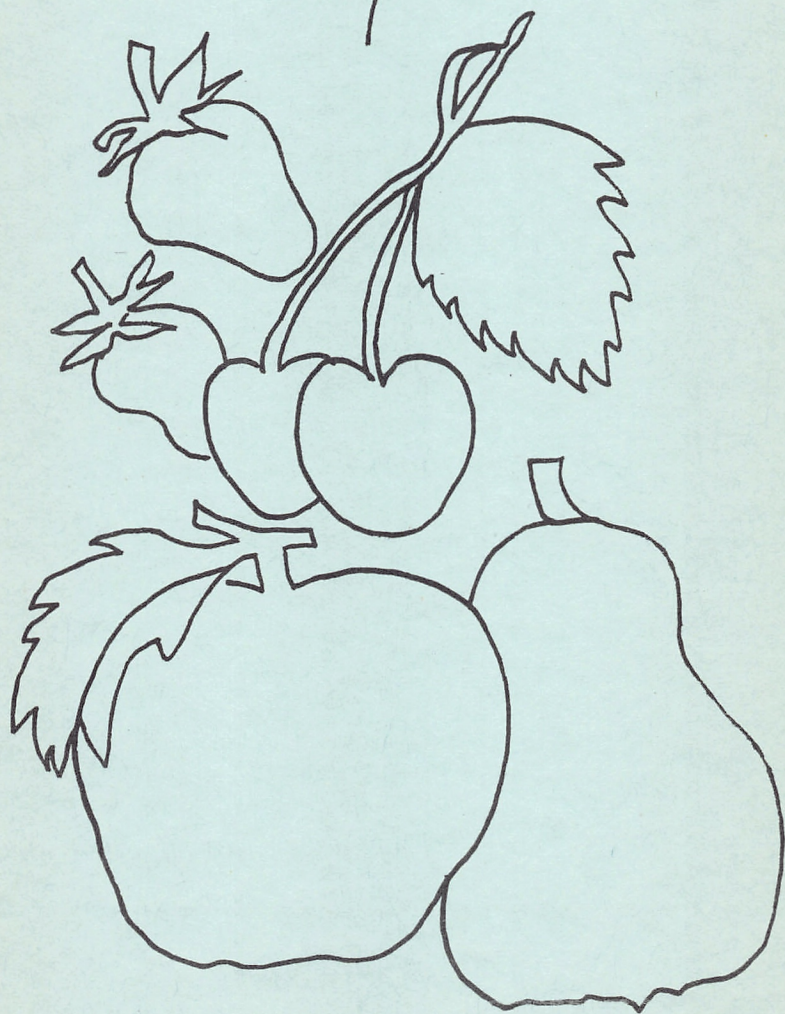
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EXTRA RECIPES

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# Nutritious Recipies







APPLE-OATMEAL CRISP

3 or 4 medium size tart apples, cored, peeled and sliced  
3/4 c. rolled oats  
3/4 c. packed brown sugar  
1/2 c. flour  
1 tsp. cinnamon  
1/2 c. margarine

Spread apples in greased 9" pie plate; set aside. Mix oats, sugar, flour and cinnamon. Cut in margarine with fork or pastry blender. Sprinkle evenly over apples. Bake in preheated 350° oven 35 to 45 minutes or until apples are tender and topping is crisp and brown. Serve slightly warm. If desired, top with ice cream. Makes 6 servings.

Joann Santercola

APPLE PEANUT BUTTER SANDWICH

8 slices whole wheat bread  
2/3 c. creamy peanut butter  
1/3 c. applesauce  
1/4 c. finely chopped red apples  
4 crisp cooked bacon slices, crumbled  
Lettuce

1. Lightly spread bread with butter.
2. In small bowl combine peanut butter and applesauce, mix till smooth. Stir in apples and bacon.
3. Spread 4 bread slices with filling. Top with lettuce and remaining slices. Serves 4.

G. Ippolito

BANANA BRAN MUFFINS

1/2 c. all purpose flour  
1/2 c. whole wheat flour  
2 tsp. baking powder  
1/2 tsp. cinnamon  
1/2 tsp. baking soda  
1/4 tsp. salt  
1 c. Bran (Millers or All Bran cereal)  
1/4 c. brown sugar

(Continued)

BANANA BRAN MUFFINS - Continued

1/4 c. coconut  
3 Tbsp. oil  
1 egg beaten  
1/2 c. buttermilk  
2/3 c. mashed banana

Combine flours, baking powder, cinnamon, baking soda, salt, bran, brown sugar, and coconut - mix together thoroughly. Combine oil, egg, buttermilk and banana in a separate bowl; mix thoroughly. Add liquid ingredients to dry ingredients - stir only enough to moisten. Place into 12 greased or paper lined muffin cups. Bake at 400° for 20 minutes.

Norma Christensen

BLENDER MILK DRINK

2 c. milk  
2 eggs  
4 Tbsp. cottage cheese  
3 Tbsp. orange juice  
1 c. vanilla ice cream

Put all ingredients in blender. Blend until well mixed. Serve immediately.

Jillian Meyer

BREAKFAST MUFFINS

1 c. milk  
3/4 c. chocolate chips, raisins or dates  
1/3 c. oil  
1/3 c. brown sugar  
1 egg  
1-1/2 c. flour  
1-1/2 c. crushed bran flakes (any bran cereal will do great)  
4 tsp. baking powder  
1 tsp. cinnamon  
1/4 tsp. salt

Mix all till moist. Fill 12 to 18 greased muffin cups 3/4 full. Bake at 400° - 20 minutes.

Fran Howard



FROZEN FRUIT CUPS

12oz. orange juice concentrate

20oz. can crushed pineapple

20oz. chopped strawberries

3-4 chopped bananas

Mix together in large bowl.

Add: 24oz. 7-Up

Put into paper cups (5oz. are good), cover with foil and freeze.

Julie Stock

GORP

1 c. oats (Quick)

1 c. peanuts

1/2 c. coconut

1/4 c. wheat germ

1/2 c. honey

2 Tbsp. cooking oil

1 c. M & M's

1/2 c. dried fruit

1/2 c. raisins

Combine oats, nuts, coconut and wheat germ. Combine honey, and oil. Stir into oat mixture. Spread in 9x9" pan. Bake at 300° for 30-40 minutes, stirring every 5 minutes. Let it cool. Break up and add other ingredients.

Super to take along when hiking and skiing.

Sue Grisko

GRANOLA

2 c. uncooked oatmeal

3/4 c. wheat germ

1/2 c. grated coconut

2 Tbsp. powdered milk

2-3 tsp. cinnamon

1-1/2 tsp. brown sugar

1/4 c. honey

1-1/2 tsp. vanilla

(Continued)

GRANOLA - Continued

1/6 c. vegetable oil

1/4 c. raw nuts, seeds, raisins, etc. (optional)

Mix dry ingredients plus seed or nuts together. In a saucepan warm oil, honey, and vanilla. Add to dry ingredients and mix till evenly blended. Spread on a greased rimmed baking sheet and bake at either: 250° for 1 hour or 300° for 1/2 hour. Turn with a spatula from time to time. When toasted, add dried fruits if desired. When cool, store in an airtight container.

Note: Ingredient proportions can be changed around to fit your family's preference.

Gail Radtke

GRANOLA BARS

Boil 1/2 cup corn syrup 1 minute. Remove from heat.

Add 2/3 cup peanut butter

2 cups granola

Pat out on a flat surface on waxed paper. Refrigerate if desired.

Julie Stock

GRANOLA CEREAL

6 c. uncooked rolled oats

1/2 c. brown sugar

3/4 c. wheat germ

1/2 c. shredded coconut

1/4 c. sesame seeds or sunflower seeds

1 c. chopped nuts or raisins

1/2 c. salad oil

1/3 c. honey

1-1/2 tsp. vanilla

Heat oats in shallow pan for 10 minutes at 350°. Combine toasted oats, brown sugar, wheat germ, coconut, seeds and nuts in large bowl. Add oil, honey and vanilla. Mix to coat dry ingredients. Divide in half. Heat half of mixture in pan 20-25 minutes at 350°. Stir every 5 minutes to brown evenly. Cool, then stir until crumbly. Repeat with other half.

Mary Summers



NUTRITIOUS BLENDER DRINK

1 banana  
1 apple, peeled and cored  
1 pear, peeled and cored  
3/4 c. orange juice  
2 Tbsp. raisins

Place all ingredients in blender and blend until smooth.  
2-3 servings. Thick and filling.

Judy Streeter

QUICK NECTARINE OAT BREAD

2 c. whole wheat flour  
1 c. rolled oats  
1 c. unprocessed bran  
1 c. brown sugar (packed)  
1-1/2 tsp. baking soda  
2 eggs  
1-1/2 c. buttermilk  
1/4 c. vegetable oil  
2 medium fresh nectarines, finely chopped (about 2 cups)  
1/2 c. dark, seedless raisins (optional)

Combine all ingredients in mixing bowl. Stir until blended. Turn into greased 9x5" loaf pan. Bake in 375° oven for 45-50 minutes or until toothpick comes out dry. Cool 10 minutes. Invert onto wire rack to complete cooling. Wrap well and store in refrigerator or freeze. Makes 2 loaves.

Beverly Jur





EXTRA RECIPES

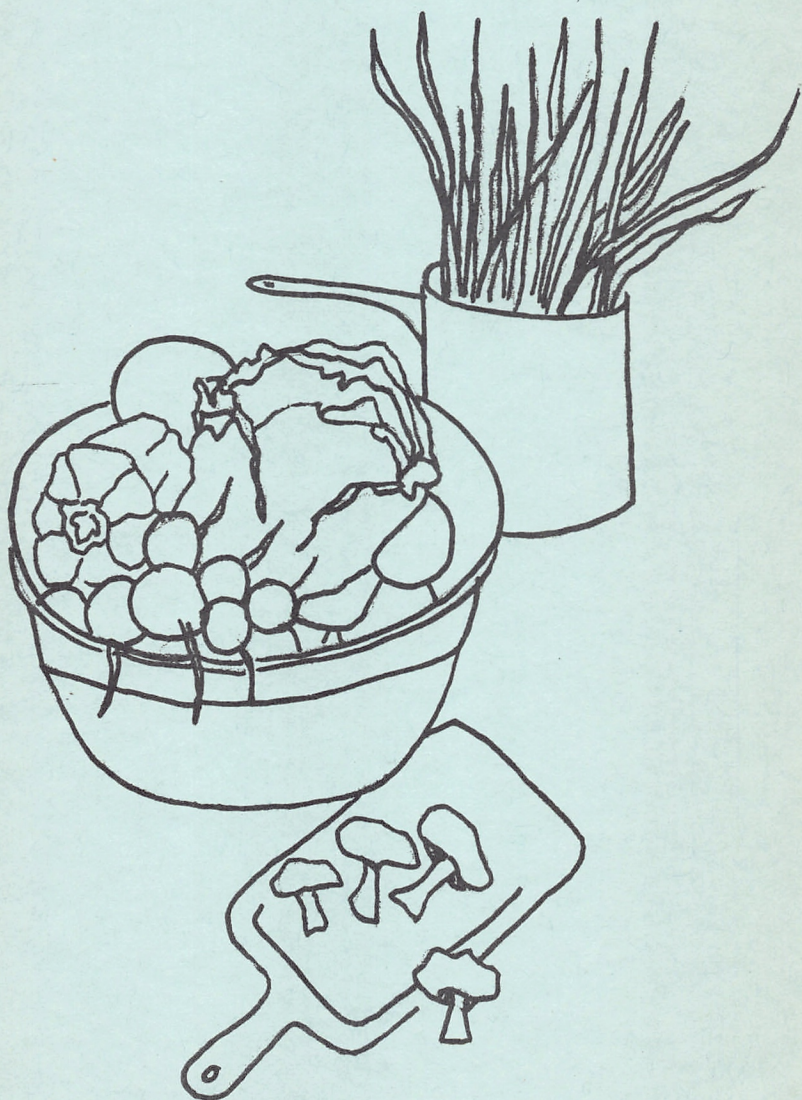
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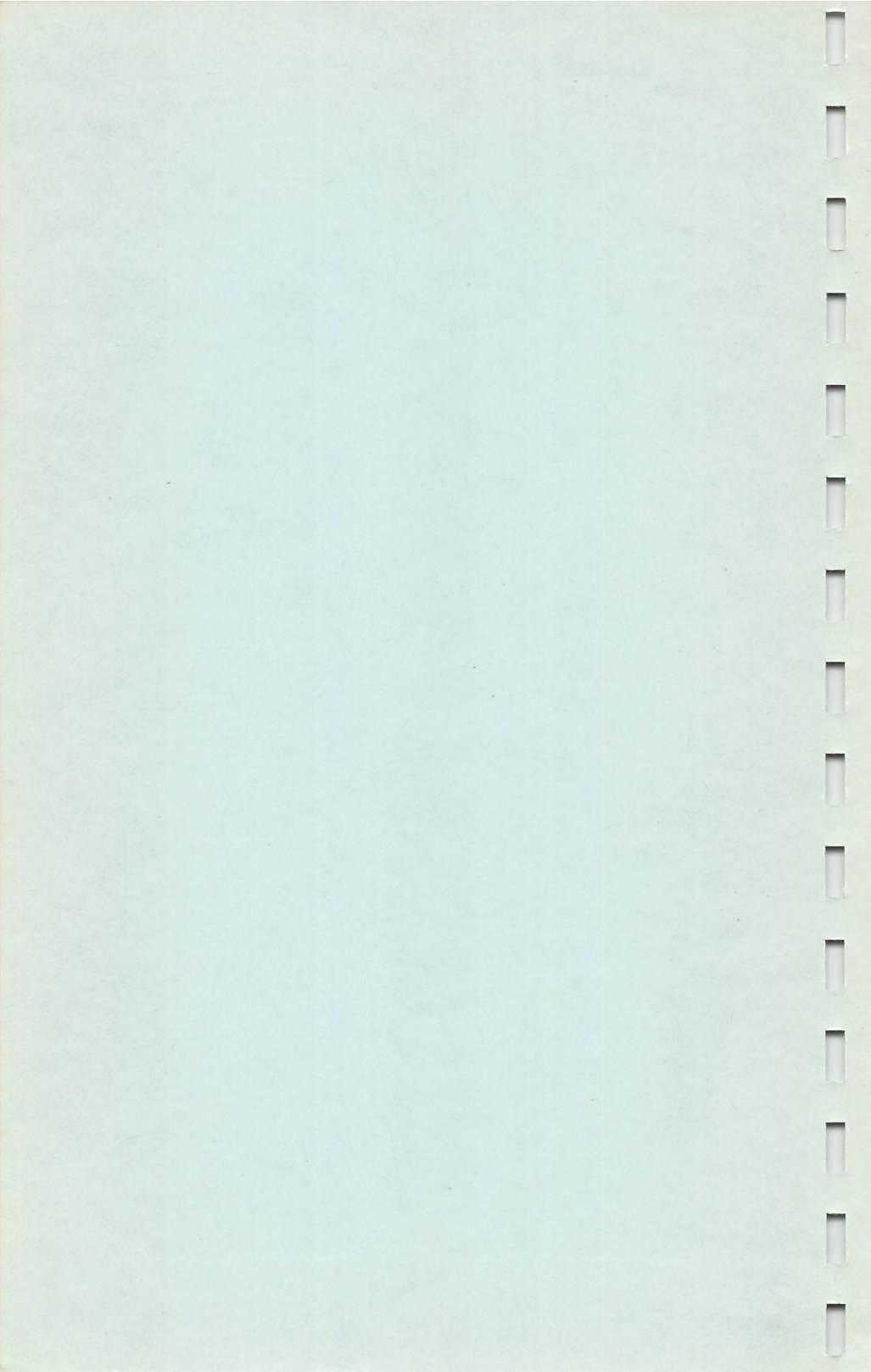
EXTRA RECIPES

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# Salads







ARTICHOKE SALAD

- 1 box Chicken Rice-A-Roni
- 2 jars marinated artichoke hearts (in oil)
- 1 can water chestnuts
- 1/4 tsp. dry mustard
- 2 Tbsp. mayonnaise
- 1/4 tsp. pepper
- 2 Tbsp. chopped onions

Make Rice-A-Roni and add drained sliced chestnuts. Add artichoke hearts, saving oil in small bowl. To oil add the rest of ingredients and mix. Pour over rice and mix. Refrigerate overnite. Serve.

Elaine Shaffield

ARTICHOKE RICE SALAD

- 1 pkg. chicken flavor rice mix
- 4 green onions (sliced thin)
- 1 medium green pepper, chopped
- 12 pimienta stuffed olives (sliced)
- 2 6oz. jars marinated artichoke hearts
- 3/4 tsp. curry powder
- 1/3 c. mayonnaise

Cook rice as directed on package omitting butter. Cool in large bowl. To cooled rice add onions, peppers, and olives. Drain artichoke hearts, reserving marinade, cut in half and add to rice mixture. Combine artichoke marinade with curry powder and mayonnaise. Pour over rice mixture and toss well. Chill.

Excellent when served with chicken or as picnic salad.

Loretta Revers

CANLIS' SPECIAL SALAD

Originated by CANLIS' RESTAURANT in Honolulu.

SALAD: 2 heads Romaine

2 peeled tomatoes

CONDIMENTS: 1/4 c. chopped green onion

1/2 c. freshly grated Romano cheese

1 lb. rendered finely chopped bacon

1 c. croutons

(Continued)

CANLIS' SPECIAL SALAD - Continued

DRESSING: 3oz. olive oil  
Juice of 2 lemons  
1/2 tsp. fresh ground pepper  
1/4 tsp. chopped fresh mint  
1/4 tsp. oregano  
1 coddled egg

Into a large bowl (wooden) pour approximately 2 Tbsp. of good imported olive oil, sprinkle with salt, and rub firmly with a large clove of garlic. (The oil will act as a lubricant and the salt as an abrasive). Remove garlic and in the bottom of the bowl first place the tomatoes cut in eighths, add Romaine, sliced in 1" strips. You may add other salad vegetables if you choose, but remember to put the heavy vegetables in first with Romaine on top. Add condiments.

DRESSING: Into a bowl pour the olive oil, lemon juice and seasonings. Add coddled egg and whip vigorously.

When ready to serve, pour dressing over salad. Add croutons last. Toss generously. It will serve 4 to 6 persons.

Carol Guthrie

CARROT SALAD

5 c. cooked, drained and cooled carrots  
1 medium onion sliced thin  
1 small green pepper  
1 can tomato soup  
1/2 c. salad oil  
3/4 c. sugar  
1/4 c. vinegar  
1 tsp. prepared mustard  
1 tsp. salt  
1/4 tsp. pepper  
1 tsp. celery seed  
1/2 tsp. Basil leaves  
1 tsp. Worcestershire sauce

Combine and let stand in refrigerator for 12 hours.

Rochelle Jesse



CAULIFLOWER SALAD

1 head cauliflower (broken into small bite size flower-ettes)

2 c. grated cheddar cheese

Dressing: 1 8oz. pkg. sour cream

3/4 c. real mayonnaise

1 tsp. sugar

1 pkg. Hidden Valley Salad Dressing Mix  
(Original)

Add cheese to cauliflower. Mix dressing together and add to cheese and cauliflower. Chill for 3 hours. Serve on lettuce beds.

Sharon Rehling

CHERRY TOMATOES WITH GARLIC

2 pints cherry tomatoes

1/2 c. olive oil

2 Tbsp. wine vinegar

2 cloves of garlic mashed

Salt and pepper

4 Tbsp. parsley

Bibb Lettuce

Dip tomatoes in boiling water for 15 seconds - peel skins off.

Combine next 5 ingredients. Pour over tomatoes and let set at least 1 hour. Serve over Bibb lettuce leaves.

Jeannine Marchini

HOT CHICKEN SALAD

2 c. cooked chicken, cubed

1 c. cooked rice

3/4 c. mayonnaise

1 c. diced celery

Bit of onion

1 can cream of chicken soup

Top with buttered corn flake crumb mix and slivered almonds. Bake at 350° for 25 minutes.

Cynthia Pershing

CREAM COLESLAW

1/2 medium head cabbage and 1 small onion, chopped  
1/2 c. sour cream  
2 Tbsp. vinegar  
1/2 tsp. salt  
1/8 tsp. pepper  
2 Tbsp. sugar

Soak finely shredded cabbage in ice water 1 hour.  
Drain thoroughly.

Combine remaining ingredients; pour over cabbage. Mix together. Sprinkle with paprika. Serves 6.

Joanne Heizer

CREAMY COLESLAW

1 head cabbage - chopped fine  
12 radishes - chopped fine  
3-4 stalks celery - chopped fine  
6-12 green onions - chopped fine  
1 cucumber (discard seeds - chop fine)  
1 can crushed pineapple (drained - 1 lb. can)  
1 large carton sour cream (2 c.)  
2 c. Hellman's mayonnaise  
1/4 c. sugar  
1/4 c. vinegar

Mix all ingredients together. Serves about 12.

Lynn Colias

COLD VEGETABLE SALAD - Serves 10

1 lb. can each: peas,  
French cut green beans,  
Chinese vegetables  
3 stalks celery, diced  
1 green pepper, sliced  
1 small jar pimento, drained

Combine vegetables in large bowl. Marinate at least 3 hours in the following mixture:

(Continued)



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COLD VEGETABLE SALAD - Continued

1-1/2 c. sugar  
1 c. vinegar  
1/2 c. salad oil  
2 Tbsp. water  
1/4 tsp. garlic powder

Serve with slotted spoon.

Judy Greene

COTTAGE CHEESE FRUIT SALAD

1 9oz. pkg. Cool Whip  
1 3oz. pkg. jello - dry/any flavor  
1 16oz. carton cottage cheese  
1 can drained fruit cocktail

Mix together and refrigerate. Stir again before serving.

Roberta Edmonson

CRANBERRY ICE

1 qt. cranberries  
1-1/2 - 2 c. water  
3 c. sugar  
1-1/2 c. water  
2 lemons or 1 large can of frozen lemonade  
1 large can of frozen orange juice

Cook 1 qt. of cranberries in 1-1/2 cups water until soft (10-15 minutes). Run through a strainer and add to syrup made by boiling 3 cups sugar and 1-1/2 cups water. Cool. Add lemonade and orange juice. Freeze at least 24 hours.

Makes a good side dish with fowl or pork.

Carol Guthrie

CRANBERRY SALAD

1 lb. cranberries, ground  
3/4 - 1 c. sugar (depending upon sourness of cranberries)  
1 c. crushed pineapple  
8 large or 1 fistful small marshmallows  
1 c. whipping cream, whipped

Grind raw cranberries and combine with sugar and crushed pineapple. Let stand overnight. (If cranberries are juicy, remove pineapple juice). Next morning, cut marshmallows in small pieces (leave small ones whole) and add to cranberry mixture. Fold in whipped cream and serve.

Beverly Jur

CREAMY TUNA MOLD

1 pkg. lemon jello  
3/4 c. hot water  
1/2 tsp. salt  
1 Tbsp. vinegar

Combine ingredients and chill. When practically set, whip and add:

1 c. sour cream  
1 can tuna  
1/2 c. mayonnaise  
1 c. cucumbers, diced

Judy Wathen

CRUNCHY TOMATO ASPIC

3oz. lemon jello  
3oz. orange jello  
2 8oz. cans tomato sauce  
3 Tbsp. vinegar  
1 tsp. salt  
Some pepper  
1/2 tsp. grated onion  
2 c. of cauliflower  
1/4 c. ripe olives, sliced  
1/2 c. green pepper, diced

(Continued)



CRUNCHY TOMATO ASPIC - Continued

After the jello sets, add all ingredients and pour into an 8" square dish. Serve in squares on lettuce or endive.

Harriet Johnson Naden

PEAS AND CARROTS SALAD

1 can peas and carrots  
1/4 c. chopped onion  
1/4 tsp. celery seed  
3 boiled eggs, chopped  
1/4 c. chopped celery  
1/4 tsp. parsley  
3 Tbsp. relish

Miracle Whip to moisten. Salt and pepper to taste.  
Mix all above together - serve cold.

Donna Steier

FRUIT SALAD

1 can pears or fruit cocktail, drained  
1 can mandarin oranges, drained  
2 large bananas, sliced  
1 can pineapple tidbits, drained  
1 can apricot, cherry or peach pie filling

Mix together and chill well.

Dixie Anderson  
Nancy Plucinski

FRUIT SALAD WITH LEMON DRESSING

2 eggs  
1 c. sugar  
4 Tbsp. flour  
1 c. boiling water  
5 Tbsp. lemon juice  
1 Tbsp. butter

(Continued)

FRUIT SALAD WITH LEMON DRESSING - Continued

Mix all ingredients in blender. Cook over low heat until dressing thickens - stir often. Cool. Combine dressing with:

- 1 c. miniature marshmallows
- 1 can drained pineapple chunks
- 6 sliced bananas
- 1 c. blueberries or strawberries

Judy Wathen

FROZEN CRANBERRY SALAD

- 2 cans whole cranberry sauce
- 1 large sour cream
- 1 10-12oz. can crushed pineapple

Mix well - pour into cake pan. Freeze overnight. Cut in squares.

Sue Lorenz

FROZEN CRANBERRY SQUARES

- 1 can Ocean Spray whole cranberries
- 13oz. can crushed pineapple
- Small container of Cool Whip
- Chopped walnuts

Drain pineapple well and then mix with cranberries. Put mixture into a foil lined 8x8" pan and set in refrigerator for an hour - put on Cool Whip and nuts and then freeze. Double recipe for 9x12" pan.

Ellen Leighton

FROZEN SALAD

- 1 3oz. pkg. cream cheese
- 1 c. crushed pineapple or whole cranberry sauce
- 2 c. tiny marshmallows
- 1 c. white cherries
- 1/3 c. chopped maraschino cherries or walnuts
- 1 c. whipped cream

(Continued)



FROZEN SALAD - Continued

Soften cheese, blend all fruit in. Add marshmallows, fold in cream. Freeze in refrigerator tray. Serve with whipped cream or plain.

Sally Schiavone

FROZEN FRUIT SALAD

1 3oz. pkg. cream cheese  
1/3 c. mayonnaise  
16 to 20 maraschino cherries  
4 to 5 canned peach halves  
1/2 c. drained crushed pineapple  
1/2 c. chopped pecans (optional)  
1 c. heavy cream  
2 Tbsp. sugar

Soften cheese at room temperature, add liquid from cherries to mayonnaise and blend thoroughly. Cut cherries into small pieces, dice peaches and add with pineapple and nuts. Mix well. Whip cream and fold in sugar. Fold into fruit mixture and pour into either individual molds or a 1 quart mold and freeze until firm. Unmold and serve on watercress or curly endive.

Flo Foster

FROZEN SOUR CREAM MOLD

1 large container sour cream (16oz.)  
2 Tbsp. lemon juice  
3/4 c. sugar  
1/8 tsp. salt

Mix the above ingredients together. Add the following ingredients:

1 c. seedless grapes  
2 bananas, sliced  
1 small can (8oz.) crushed pineapple, drained  
1/2 c. chopped walnuts

Pour into mold.

Phyllis Perivolidis

HOT GERMAN POTATO SALAD

4 large potatoes  
1/2 onion, sliced  
1 tsp. salt  
2 Tbsp. flour  
2 Tbsp. sugar  
4 slices bacon, diced  
1 tsp. dry mustard  
1/4 tsp. pepper  
1 tsp. salt  
1/3 c. vinegar  
2/3 c. water  
1/2 tsp. celery seeds

Cook and drain potatoes, onion and salt.

Cook bacon; stir in flour, sugar, mustard, salt and pepper (in bacon grease); mix well. Add vinegar, water and celery seeds. Cook several minutes or until thickened. Pour over potatoes.

Terri McDonald

ICE CREAM JELLO

2 pkg. jello (small)  
1 qt. vanilla ice cream  
2 c. hot water

Dissolve jello in hot water. Let stand about 15 minutes. Add ice cream in chunks. Watch carefully as it will harden fast. When partially set - whip with beater about 5 minutes, then fold in marshmallows, bananas, thawed frozen strawberries or whatever you desire. Place in refrigerator to set.

Diane Parrilli



KOREAN SALAD

1 pkg. fresh spinach (washed, dried and trimmed)  
1 small can water chestnuts, sliced  
2 hard-boiled eggs, sliced  
5 strips bacon (cooked and crumbled)  
1 large can bean sprouts (drained)  
Fresh mushrooms, sliced<sup>1</sup>

Toss salad ingredients together. Use more or less of salad ingredients as desired. Toss in salad dressing before serving.

Dressing: - mix well - 3/4 c. sugar  
1 c. oil  
1/3 c. catsup  
1/4 c. cider vinegar  
2 Tbsp. Worcestershire sauce  
1 small onion, grated  
Dash salt

Linda Phillips

LIME CREAM SALAD - Serves 8

1 6oz. lime jello  
2 tsp. salt  
2 c. boiling water  
2 tsp. vinegar  
2 tsp. grated onion  
1/8 tsp. pepper  
2 c. sour cream  
1/2 c. mayonnaise  
2 c. shredded cucumber, well drained

Combine jello and salt. Add boiling water and stir to dissolve. Add vinegar, onion, and pepper. Chill until consistency of unbeaten egg white. Fold in sour cream, mayonnaise; blend thoroughly. Fold in cucumbers.

Put in 2 qt. mold. Chill at least 3 hours.

Maureen Kobler

MARSHMALLOW FLUFF

1 lb. miniature marshmallows  
15oz. can crushed pineapple  
1 pt. whipping cream

Mix marshmallows with the drained pineapple and let set for about an hour. Then whip cream and add it to the marshmallow mixture. Refrigerate.

Terri McDonald

ORANGE PINEAPPLE JELLO

1 large pkg. of orange jello  
1 16oz. can crushed pineapple  
1 8oz. pkg. of cream cheese  
1 small Cool Whip  
1/2 c. chopped celery  
1 c. crushed walnuts

In a saucepan boil juice from pineapple and 1/2 cup water. Add jello, stir until mixed. Add remaining ingredients and chill.

Tina Stavropoulos

PEPSI JELLO

Heat 1 jar, 25oz. of applesauce until boiling. This should be done in a small pan. Then add 1 small box of Jello (I prefer cherry). Stir until mixed. Cool 10 or 15 minutes. Then add 1 cup Pepsi. Stir. Refrigerate at least 8 hours or until set.

Mindy Ashman

PISTACHIO PINEAPPLE SALAD

1 pkg. Pistachio Instand Pudding. Combine with 1 large can crushed pineapple with juice. Let stand 15 minutes. Then fold in carton of Cool Whip, 1/2 cup nuts and 1 cup miniature marshmallows.

Julie King



PURPLE PASSION SALAD - Makes 1 large jello mold

- 1 3oz. pkg. raspberry jello
- 1 3oz. cream cheese
- 1 4oz. Cool Whip
- 1 c. boiling water
- 1 can Blueberries, drained or 1 pkg. frozen blueberries (use half)
- 1 8oz. can crushed pineapple, undrained

Combine jello, water, and cream cheese. Beat. Fold in blueberries and pineapple. Refrigerate. When partially set, fold in Cool Whip. Put in mold.

Mary Ann Balla

SHRIMP SALAD

Cut in half 1-1/2 lbs. raw baby or large shrimp, cook as directed on package.

- Add:
- 1 diced apple
  - 2 stalks diced celery
  - 1 c. onion based tartar sauce
  - 1 Tbsp. cocktail sauce
  - 1/2 tsp. Accent
  - Juice from one lemon

Chill afterwards and then enjoy a delicious feast.

Carol McGuire

SWEET COLE SLAW

- 4 lb. solid head cabbage
- 1/2 pkg. powdered sugar\*
- 2 Tbsp. white vinegar
- 2 c. mayonnaise
- 2 tsp. mustard
- 2 Tbsp. granulated sugar
- 3 carrots

Shred cabbage and carrots. Toss them with powdered sugar. Let set 15 minutes. Drain excess water from cabbage. Combine all other ingredients and mix well. Add drained cabbage mixture and let set at least 12 hours.

(Continued)

SWEET COLE SLAW - Continued

\*The powdered sugar puts a coating on strands of cabbage and makes dressing cling to it.

Patricia S. Mollsen

7-UP FRUIT SALAD

- 2 3oz. pkgs. lemon jello
- 2 c. boiling water
- 1 c. miniature marshmallows

Dissolve jello in water and add marshmallows; cool til slightly set.

- Combine:
- 2 c. 7-Up
  - 4 sliced bananas
  - 20oz. can crushed pineapple (drain and reserve liquid)

Add to jello and put in 13x9" pan. Refrigerate until set.

- Mix:
- 2 eggs
  - 2 Tbsp. flour
  - 1/2 c. sugar
  - 1 c. pineapple juice

Cook over low heat until slightly thick. Cool.

1 pkg. prepared Dream Whip - add to flour mixture.

Spread Dream Whip/flour mixture over jello. Refrigerate.

Terri DeSario

SEVEN LAYER SALAD

- 1 head lettuce
- 6 green onions, chopped
- 6 hard boiled eggs
- 1 lb. bacon fried and crumbled
- 1 10oz. pkg. frozen peas (do not cook)
- 1 c. mayonnaise
- 1 c. sour cream
- 1 c. shredded swiss cheese

(Continued)



SEVEN LAYER SALAD - Continued

Layer first 5 ingredients in bowl. Mix mayonnaise and sour cream together to make dressing. Spread as the 6th layer over the other ingredients. Top with cheese. Cover and store in refrigerator overnight. Toss before serving.

Millie Citti

SPINACH COTTAGE CHEESE MOLD

2 pkg. lemon jello  
2 c. hot water  
3 Tbsp. vinegar  
Salt and pepper  
1 c. mayonnaise  
2 c. celery (chopped)  
2 Tbsp. chopped onion  
1 pkg. frozen spinach (uncooked)  
1-1/2 c. small curd cottage cheese

Dissolve jello in hot water and let partially set. Beat in 1 cup mayonnaise with hand beater. Dice 2 cups celery and add it and the onions to the jello mixture. Thaw and finely cut the spinach; add to mixture. Fold in the cottage cheese. Put in 8" square pan and chill several hours or overnight.

Harriet Johnson Naden

SPINACH SALAD

1 lb. spinach  
1 c. bean sprouts  
1 c. sliced water chestnuts  
6-8 slices bacon, crumbled  
3 hard boiled eggs

Dressing: 1 c. oil  
          2/3 c. sugar  
          1/4 c. vinegar  
          1/3 c. catsup  
          1 medium onion, grated

Toss salad. Add dressing immediately before serving.

Joanne Henninger

SPINACH SALAD

1 pkg. fresh spinach  
1 small can water chestnuts  
4 hard cooked eggs  
1 c. bean sprouts, drained  
1/2 lb. bacon - fried  
1 medium onion

1. Wash spinach well and drain.
2. Chop eggs - slice water chestnuts, dice cooked bacon - slice onion.
3. Add all ingredients to salad bowl.
4. Toss with dressing right before serving.

Dressing: Can make ahead and keep in jar until serving time. Shake well.

1 c. salad oil  
1/4 c. dark vinegar  
3/4 c. sugar  
2 tsp. salt  
1 tsp. Worcestershire sauce

Pat Wilken

SPINACH SALAD WITH DRESSING

1-1/2 pkg. raw spinach (15oz.) (or other leaf lettuce)  
1-1/2 medium onions - thinly sliced  
1/2 lb. fresh mushrooms

Wash spinach well. Blot dry with paper towel. Wash and slice mushrooms. Mix mushrooms, spinach and onions together. Serves 10.

Special Dressing: 12 slices bacon, snipped into bits  
2 Tbsp. prepared mustard  
1 tsp. sugar  
2/3 c. cider vinegar  
1 tsp. garlic salt  
1/4 tsp. ground black pepper

Saute bacon. Do not pour off grease. Add rest of ingredients to bacon. Heat until bubbly. Add to spinach mixture and toss. Toss well - a little goes a long way. Toss just before serving.

Marge Johnson



SWEET-SOUR COLE SLAW

1-1/2 lbs. shredded green cabbage  
1 tsp. salt  
2/3 c. sugar  
1/3 c. vinegar  
1 c. whipping cream

Place shredded cabbage in covered dish in refrigerator for several hours. Mix ingredients in order given 30 minutes before serving. Chill and serve.

Marge Johnson

TACO SALAD

1 head lettuce, broken up  
1-1/2 lbs. ground beef lightly cooked  
8oz. grated cheddar cheese  
2 tomatoes cut up  
1 pkg. large taco flavored chips  
2 small (8oz.) creamy Italian salad dressing  
1 avocado sliced

Mix all ingredients together and serve. Great with hot bread and butter. If made ahead, omit chips and dressing until ready to serve.

Fran Howard

TACO SALAD

Ground beef - 1 lb.  
Lettuce - 1 large head, cut up  
Onion - 1 large, chopped  
Green Pepper - 1 cut up or rings  
Cheddar Cheese - 2 c. shredded  
Tomatoes - 2 or more large cut up  
Taco Chips - 1 bag, broken up  
Catalina Dressing - 2 bottles (no substitute)

After browning beef, add all ingredients and toss with lettuce. This recipe makes a roaster full. Cut in half if need be.

Madonna Ostberg

WALNUT-SHRIMP SALAD

- 1 Tbsp. butter or margarine
- 1 Tbsp. soy sauce
- 1 c. walnut halves
- 1 c. diagonally sliced celery
- 1/2 c. sliced green onions
- 1 5oz. can water chestnuts, drained and sliced
- 1 11oz. can mandarin orange segments, drained
- 2 lbs. cooked shrimp (about 3 cups)
- 1/2 c. bottled sweet-sour dressing

Melt butter, add soy sauce and walnuts. Stir gently over low heat until walnuts are lightly toasted, about 10 minutes. Remove and cool.

Mix celery, onions, water chestnuts, orange segments and shrimp. Toss with dressing and walnuts. Place on salad greens and serve with additional dressing if desired.

Beverly Jur

POPPY SEED DRESSING

- 3/4 c. sugar
- 1 tsp. dry mustard
- 1 tsp. salt
- 1/3 c. cider vinegar
- 1 Tbsp. onion juice
- 1 c. salad oil
- 1-1/2 Tbsp. poppy seeds

Blend first 5 ingredients. Gradually mix in oil, until thick and smooth. Stir in poppy seeds.

Delicious over fresh fruit salad.

Jill Hruban



EXTRA RECIPES

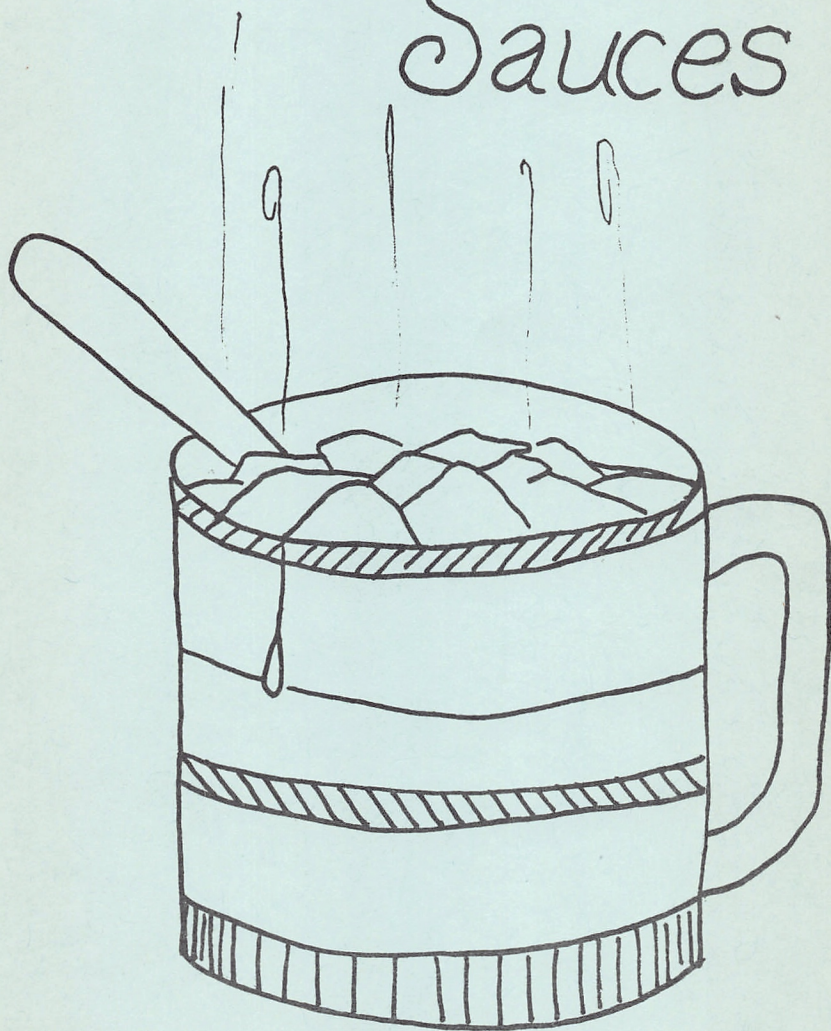
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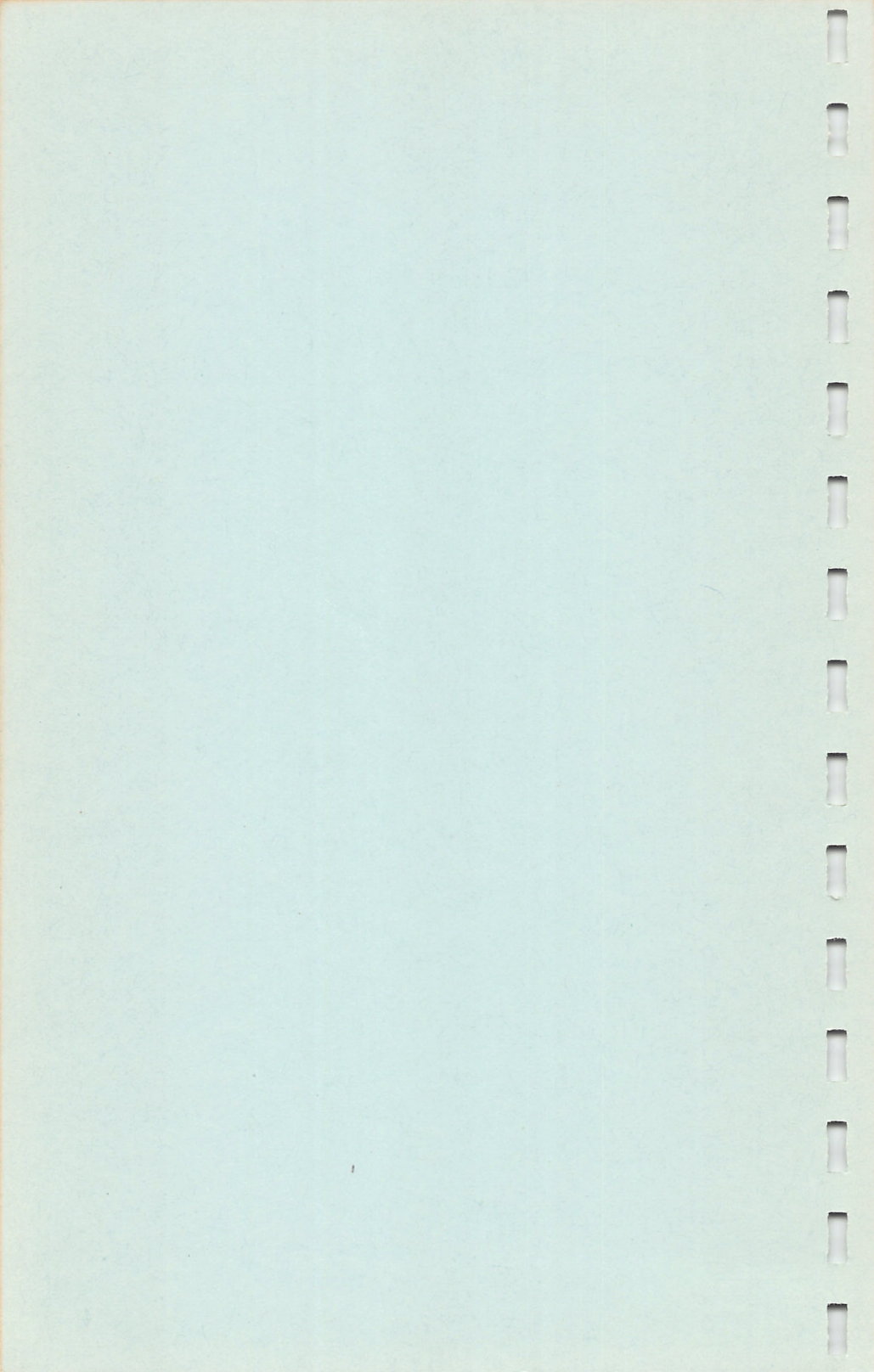
EXTRA RECIPES

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# Soups and Sauces







SOUPSGARDEN FRESH CREAMY CAULIFLOWER SOUP

1 cauliflower head  
2 chicken bouillon cubes  
2 Tbsp. butter  
2/3 c. chopped onion  
1 c. grated cheddar cheese  
2 Tbsp. flour  
2 c. Half/Half  
1/2 tsp. Worcestershire sauce  
3/4 tsp. salt  
Chopped parsley

Steam (or cook cauliflower by boiling) until tender in 1 qt. water using 3 cups of the remaining liquid to add bouillon cubes and set aside. Keep cauliflower aside also. Melt butter in 4 qt. saucepan; add onion and cook until soft. Blend in flour, add broth stirring constantly until mixture comes to a boil. Stir in cream, Worcestershire sauce and salt. Add cauliflower. Heat to boiling; stir in cheese. Garnish with parsley.

Millie Hamby

GAZPACHO

4 large tomatoes, chopped  
1 large cucumber, diced  
1 medium onion, diced  
1 green pepper, chopped  
1 c. tomato juice  
1 Tbsp. wine vinegar  
3 Tbsp. olive oil  
1 small clove garlic, mashed

Mix tomatoes, cucumbers, onion, green pepper, tomato juice, vinegar, oil, and garlic; add salt and pepper to taste. Chill until icy.

Judy Wathen

INDIA CHICKEN SOUP

1 tsp. curry powder  
1 can cream of chicken soup  
1 chicken bouillon cube dissolved in 2/3 can hot water  
1/3 can cream  
Almonds

First mix the curry powder with the soup. Then add and blend the next 2 ingredients. Heat until hot. Sprinkle slivered toasted almonds on top. Delicious to eat with french bread.

Nedra Steury

ITALIAN GARDEN SOUP

1 large onion, chopped  
1 clove garlic, crushed  
2 Tbsp. butter  
2 13-3/4oz. cans chicken broth or 3-1/2 c. chicken bouillon  
1 16oz. can Italian tomatoes  
1 small zucchini sliced  
1-1/2 c. sliced carrots  
1-1/2 c. sliced celery  
1 tsp. salt  
1 tsp. oregano  
1/4 tsp. basil  
1/8 tsp. pepper

Saute onions and garlic in butter about 5 minutes. Add remaining ingredients; cover and simmer 15-20 minutes until vegetables are tender crisp. Serve in bowls topped with seasoned croutons. 4-6 servings.

Norma Christensen



OYSTER CHOWDER

1 pt. oysters  
8 slices bacon, diced  
2 Tbsp. butter  
2 c. chopped cooked potatoes  
1/2 c. onions, chopped  
1/2 c. celery, diced  
1 medium carrot, shredded  
2 c. each milk - 1/2 & 1/2  
1 c. corn  
1-1/2 tsp. salt  
1/8 tsp. pepper  
Coarsely chopped parsley

Thaw oysters. Fry bacon - reserve 2 Tbsp. bacon drippings. Add butter. Cook potatoes in fat til browned. Add onions, celery, carrots and 1/2 cup water. Cover and simmer 5 minutes or until vegetables are tender. Add milk and 1/2 & 1/2, corn and seasonings, simmer. Add oysters and oyster liquid and bacon. Simmer 10 minutes. Add parsley.

M. Culliton

POTATO SOUP SUPREME

4 c. potatoes, cubed  
2 medium onions, minced  
3/4 c. water  
1 tsp. salt  
1/2 tsp. garlic salt  
1/2 tsp. oregano  
1/4 tsp. pepper  
3 c. milk  
1/4 c. butter

Combine first 7 ingredients in large kettle. Cover, bring to boil and simmer until potatoes are done. Mash potatoes slightly; add milk and butter. Heat thoroughly and serve.

Alice Groat

VEGETABLE MEAT BALL SOUP

1 lb. ground beef  
2 eggs  
2 c. soft bread crumbs  
1/4 tsp. pepper  
Dash oregano  
Dash garlic powder  
2 Tbsp. butter  
2 envelopes Lipton vegetable soup with noodles  
5 c. water  
2 cans (1 lb.) whole tomatoes, coarsely chopped

In small bowl, combine ground beef, egg, bread crumbs, salt, pepper, oregano, and garlic powder; blend well and shape into 35 marble-sized meat balls.

In medium skillet, melt butter, and cook meat balls until lightly browned and drain off excess fat. Add soup to meat balls in skillet, blend in water and tomatoes. Bring to a boil stirring occasionally, partially cover and simmer 15 minutes.

Pat Nicholson

SAUCESGOOD & EASY BBQ SAUCE

1 qt. Open Pit BBQ sauce  
1 cup each - light brown sugar  
catsup  
4 Tbsp. red pepper sauce  
1/4 c. prepared mustard  
1/2 c. lemon juice  
1 Tbsp. salt  
1 tsp. each - garlic powder  
pepper

Mix all ingredients in a saucepan over low heat. Heat to boil, remove from heat. Let stand, until cool. Store covered in refrigerator.

Jill Hruban



BARBECUE SAUCE

1 c. catsup  
1/2 c. Open Pit  
1 Tbsp. Worcestershire sauce  
1/2 c. diced onion  
1 c. water  
1 Tbsp. vinegar  
1 Tbsp. brown sugar  
1 Tbsp. celery flakes  
To taste - salt, pepper and garlic powder

Saute onion in a little butter. Add remaining ingredients and simmer 20 minutes.

Great over beef and pork. For a special treat cook hamburgers, and let them sit in sauce overnight. Double the recipe, warm and serve.

Donna Steier

QUICK HOLLANDAISE SAUCE

1 can cream of mushroom soup  
1/3 to 1/2 c. milk  
2 Tbsp. butter  
2 Tbsp. lemon juice  
2 egg yolks

Combine soup with milk and heat. Add butter, lemon juice and egg yolks. Simmer until just thickened (about 5 minutes), stirring constantly. Serve immediately over vegetables.

Carol Trejo

SAUCE (TANGY) FOR SHRIMPS & MEATBALLS (COCKTAIL SAUCE)

1/2 c. Bennet chili sauce  
1 Tbsp. prepared horseradish  
2 tsp. lemon juice  
1 tsp. Worcestershire sauce  
Dash Tabasco sauce

Mix well and chill. Yield: 2/3 cup.

Sandra Dorf

JAMSNO SUGAR GRAPE "JELLY"

2 c. pure, unsweetened grape juice  
1 Tbsp. unflavored gelatin  
1 tsp. lemon juice

Combine 1/2 cup grape juice with gelatin; mix well. Bring 1 cup grape juice and lemon juice to boil; add gelatin mixture. Pour into jelly glasses. Chill and store in refrigerator. Use as spread on bread, toast, crackers, pancakes. Makes 2 pint jars jelly.

Mrs. P. Basquez

30-MINUTE STRAWBERRY JAM (HOMEMADE JAM WITHOUT COOKING)

1-3/4 c. prepared fruit (about 1 qt. fully ripe strawberries)  
4 c. (1-3/4 lbs.) sugar  
2 Tbsp. lemon juice  
1 pouch Certo fruit pectin

Use any containers 1 pint or smaller that have tight-fitting lids. Wash, scald and drain containers and lids; or use automatic dishwasher with really hot (150°F. or higher) rinse water.

Stem and thoroughly crush strawberries, one layer at a time. Measure exactly 1-3/4 cups fruit; place in a large bowl or pan. Thoroughly mix sugar into fruit; let stand 10 minutes. Combine lemon juice and fruit pectin; stir into fruit. Continue stirring about 3 minutes. (A few sugar crystals will remain). Ladle quickly into containers. Cover at once and let stand at room temperature for 24 hours to set. Then store in freezer. If jam will be used within 2 or 3 weeks, it may be stored in refrigerator. Makes about 5 cups of jam. [Because this is a "No-Cook" jam it will have a natural fruit color and a softer set that's easier to spread].

Alice Menzies



## EXTRA RECIPES

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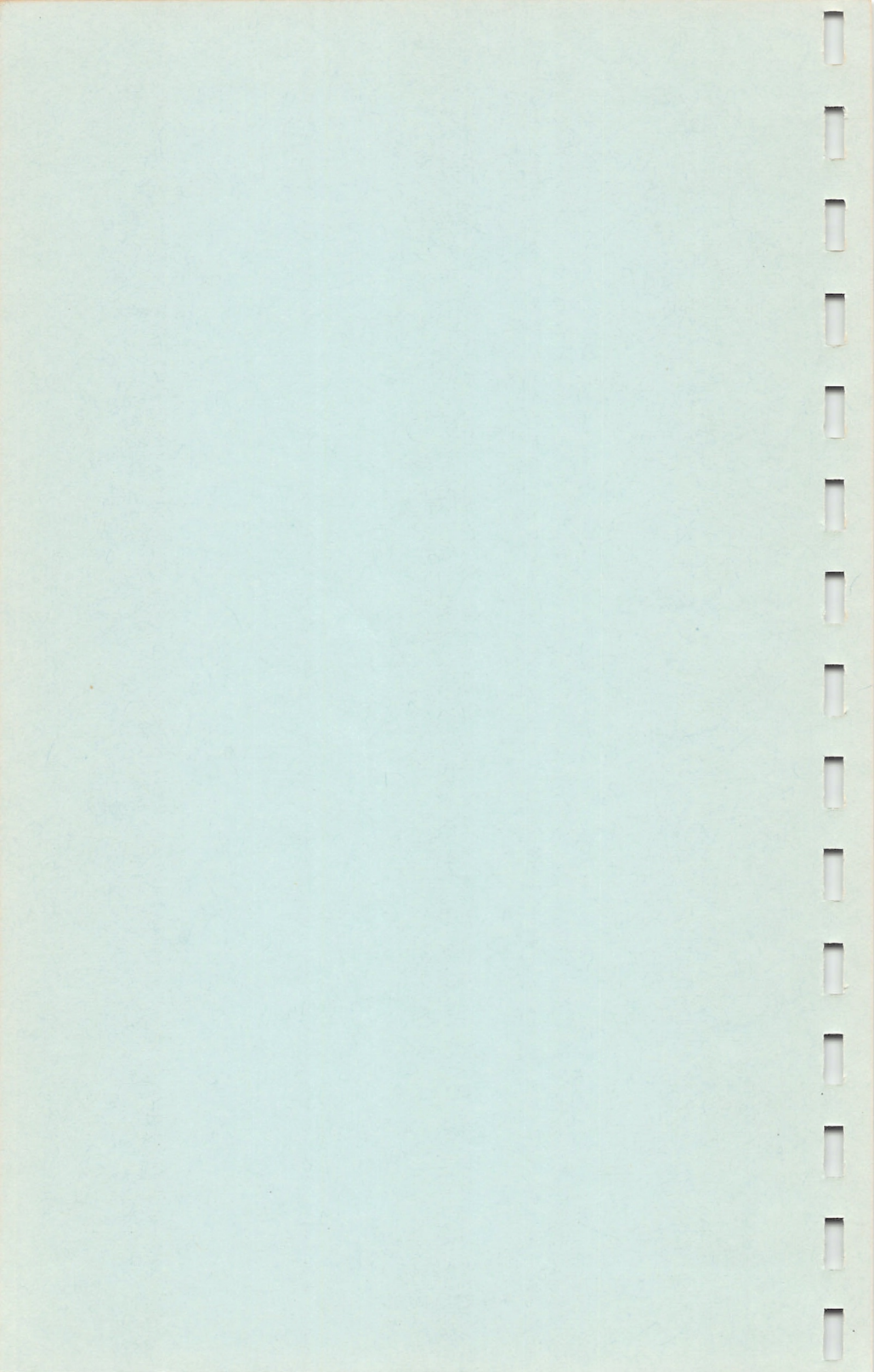
EXTRA RECIPES

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# Vegetables







BAKED ASPARAGUS & CHEESE

1-1/2 lbs. cooked asparagus  
3/4 c. cheddar cheese, grated  
1/4 c. Swiss cheese, slivered  
3/4 tsp. salt  
Green pepper  
1/4 c. chicken broth  
1/4 c. heavy cream or evaporated milk  
2-1/2 Tbsp. flour  
4 Tbsp. butter  
Paprika

Preheat oven to 375°. Place cooked asparagus in greased, oblong baking dish. Combine cheeses, salt, pepper, broth, cream and flour in mixing bowl. Blend well and pour over asparagus. Dot with butter and sprinkle with paprika. Bake 1/2 hour. Serves 4.

Betty Phillips

BAKED BEANS

Recipe is for 1 16oz. can beans  
1/4 c. ketchup  
1/3 c. brown sugar  
1/2 tsp. dry mustard  
1/2 tsp. dried onion flakes

Mix beans and all ingredients together. Place pieces of bacon on top. Bake 2 hours at 300°.

Vicky Ohlson

PICKLED BEETS

1 #2-1/2 can beets  
1/2 c. sugar  
1/2 tsp. dry mustard  
1/4 tsp. cinnamon  
6 whole cloves  
1 large bay leaf  
1 large onion  
1 c. vinegar

(Continued)

PICKLED BEETS - Continued

Put beets and juices in a pan. Mix remaining ingredients and add to beets. Bring to a boil. Simmer 5 minutes. Serve hot or cold.

Maureen Kobler

BROCCOLI CASSEROLE

3 pkg. chopped broccoli - thawed or  
mixture of carrots, broccoli and cauliflower  
1/2 stick butter - melted  
3oz. Velveeta

Mix cheese and butter - pour over vegetables in casserole. Melt 1/2 stick butter and add 1/2 bread crumbs. Pour over cheese and vegetables. Bake uncovered 15 minutes or till bubbly at 350°.

Fran Howard

BROCCOLI

2 pkgs. broccoli spears, frozen  
1 can cream of chicken soup  
1/4 c. milk  
1 pkg. chicken-flavored Stove-Top Dressing

Cook broccoli till almost done. Put in a pan (8x8"), or casserole dish. Add 1/4 cup milk to soup and pour over broccoli. Mix up 1/2 package of dressing and put on top of broccoli. Bake 350° 30 minutes.

Sandi Bidwill

BROCCOLI CASSEROLE

2 eggs  
6oz. cottage cheese  
8oz. hard cheese (grated)  
1/4 tsp. onion powder  
1 tsp. dry powdered milk  
2 10oz. pkg. chopped broccoli

(Continued)



BROCCOLI CASSEROLE - Continued

Beat eggs, add other ingredients; cook broccoli as directed and mix with eggs and cheese. Pour into 1-1/2 qt. casserole. Bake at 350° for 30 minutes.

Diana Duffin

BROCCOLI CASSEROLE

2 pkgs. frozen chopped broccoli (cook and drain)  
1 can water chestnuts (chop or slice)  
1 envelope dry onion soup mix  
1/2 pt. sour cream  
Dry bread crumbs

Mix sour cream and dry onion soup mix thoroughly until well blended. Add broccoli and water chestnuts - toss lightly to mix all. Top with dry bread crumbs. Bake at 350° for 15 minutes or so, until bubbly.

Rochelle Jesse

BROCCOLI CASSEROLE

2 Tbsp. melted butter  
1 Tbsp. instant minced onion  
1 bag frozen broccoli, thawed and drained

Mix together.

Stir in: 1 can celery soup  
1 small jar Cheez Whiz  
1 c. cooked rice

Pour into buttered baking dish. Bake 30 minutes at 350°.

Joanne Helzer

BROCCOLI CASSEROLE

2 boxes frozen broccoli spears  
1 box frozen broccoli chopped  
1 can cream of mushroom soup  
1 c. grated cheddar cheese  
2 Tbsp. chopped onion  
2 eggs (beaten)  
1 c. mayonnaise

(Continued)

BROCCOLI CASSEROLE - Continued

Salt and pepper  
Plain bread crumbs  
Butter to dot

1. Cook broccoli for 5 minutes in lightly salted water. Drain and put into a 9x9" baking dish.
  2. In medium sized bowl combine mushroom soup, onion, eggs, mayonnaise and salt and pepper. Mix well until blended. Add cheese and mix.
  3. Pour the sauce over the broccoli. Sprinkle with bread crumbs and dot with butter.
  4. Bake at 350° oven until bubbly and golden brown on top (approximately 45 minutes).
- Serves 8-10.

Beliz Cims

BROCCOLI AND CORN CASSEROLE

4 strips bacon  
10oz. pkg. frozen broccoli spears  
17oz. can creamed corn  
1 egg  
1/4 c. diced onion

Cook broccoli in salted water until tender; drain and place in buttered casserole dish.

Partially cook bacon and set aside.

With 1 can creamed corn, mix in 1 egg and approximately 1/4 cup diced onion. Pour over broccoli and top with the 4 strips of bacon and croutons. Bake at 350° for 30 minutes.

Mary Ann Balla

BROCCOLI & RICE CASSEROLE

1 large pkg. chopped broccoli (20oz.)  
3/4 c. uncooked rice  
1 small can water chestnuts (chopped)  
1 can cream of chicken soup and 1/2 can water (mix together)

(Continued)



BROCCOLI & RICE CASSEROLE - Continued

1/2 c. chopped onion  
3 Tbsp. butter  
1 small jar Cheez Whiz

Saute' onion and water chestnuts in butter. Cook rice. Cook broccoli a little less than suggested. Mix everything together and put in casserole. Spread Cheez Whiz on top. Bake at 325°-350° - 45 minutes.

Marilynne Mancini

BROCCOLI/RICE CASSEROLE

1 box frozen chopped broccoli, cooked and drained  
1 can cream of mushroom soup  
1 c. cheese, cut up (or small Velveeta)  
1 c. cooked regular rice  
1 c. water

Cook rice, add mushroom soup and water. Add broccoli and cheese. Simmer on top of stove until cheese and broccoli are mixed. Bake in 350° oven for 30 minutes.

Brenda Pershing

CAULIFLOWER/BROCCOLI COMPANY CASSEROLE

1 pkg. frozen cauliflower  
1 pkg. frozen broccoli  
1 can cream of mushroom soup  
4-6 slices American cheese  
1 c. crushed cornflakes

Cook vegetables separately until barely tender. Drain and place in casserole. Put soup on top - then add cheese and sprinkle with cornflakes. Cover with foil. Bake 15-20 minutes at 350°-400°.

Dixie Anderson

CRANBERRY CONSERVE

1 qt. cranberries  
1-1/2 c. water  
1/4 lb. raisins  
1 orange

(Continued)

CRANBERRY CONSERVE - Continued

2-3 c. granulated sugar  
1/2 lb. chopped walnuts

Boil cranberries until they burst. Strain, and add orange, sugar and boil 20 minutes. Add nuts and raisins. Boil 5 minutes. Serve warm.

Maureen Kobler

CUCUMBER PICKLES

8 c. sliced cucumbers  
2 c. sugar  
1 c. vinegar  
1 Tbsp. salt  
1 Tbsp. celery salt  
1 c. onion, sliced thin  
1 red or green pepper, sliced

Place all ingredients in a glass jar. Shake 3 times a day for 2 days. Ready in 7 days. Will last 6 months in refrigerator.

Susan Lorenz

NEVER FAIL DUMPLINGS

2 c. flour  
2 tsp. baking powder  
1/2 tsp. salt  
2 eggs  
1/2 c. milk  
1-1/2 slices of bread, cubed

Sift together and set aside. Beat eggs, add milk, and beat together. Pour into dry ingredients and beat for awhile. Add 1-1/2 slices of bread cubes into mixture. Cover with towel and let set for 2 hours, at least.

Use spatula to cut in half. Scoop up with spatula and flour your hands and pat into dumplings. Fill pan 3/4 full of water, adding salt and bring to boil. Put dumplings in one at a time. Boil 10-12 minutes on each side. Let drain and cut 1/2 inch slices with string.

Sandy Bidwill



GREEN BEAN CASSEROLE

2 cans french style green beans  
1 can Campbell's celery soup  
Add soup can 1/2 full of half & half

Mix soup and green beans. Put french fried onions on top (canned). Bake 350° until bubbly.

Corky Dunn

MAUREEN KOBLER - USES 3 PACKAGES COOKED FROZEN GREEN BEANS AND CHEDDAR CHEESE SOUP.

QUICK GREEK SPINACH PIE

1 (10oz.) frozen, chopped spinach, water squeezed out  
8oz. cream cheese, softened  
8oz. Brick cheese, shredded  
4 eggs  
1/4 stick margarine  
Sprinkle to taste with: garlic powder, salt and pepper  
Grease pan. Mix everything together and shred Brick cheese into mixture. Pour into 9x9" pan. Bake at 350° for 45 minutes. Needs no crust.

Barbara L. Corban

MUSHROOMS IN CREAM SAUCE

6 Tbsp. butter  
1 large onion, sliced thin  
2 Tbsp. flour  
2 Tbsp. milk  
1-1/4 lb. sliced mushrooms  
3/4 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. paprika  
1-1/2 c. sour cream

Saute' onion in butter; sprinkle with flour. Add milk and 3/4 cup sour cream; stir and bring just to simmer. Add mushrooms, salt, pepper and paprika. Simmer, covered, 5 minutes, stirring occasionally. Stir in remaining sour cream and heat thoroughly, stirring constantly.

Ken Johnson

POTATOES ROMANOFF

5 medium potatoes, cooked and diced  
1 tsp. salt  
2 c. cottage cheese  
1 c. sour cream  
1/4 c. chives  
1 garlic clove, minced

Mix above ingredients and top with 1 cup shredded cheddar cheese and paprika. Do not cover. Bake at 350° 45 minutes.

Sandy Bidwill

BAKED HASH BROWN POTATOES

2 lbs. hash brown potatoes (frozen)  
1 c. diced onion  
1 16oz. carton sour cream  
1 c. crushed potato chips  
8oz. grated sharp cheddar cheese  
1 c. cream of chicken soup  
1 stick melted margarine

Combine all ingredients and put into a greased 9x13" pan. Top with crushed potato chips and bake uncovered 1 hour in a 375° oven. (Glass dish - 350°).

Sandy Bidwill

SAUERKRAUT & DUMPLINGS

1st: 2 sticks butter in pan.  
Add 1/2 chopped onion (saute)  
Salt and pepper to taste.

2nd: Add 1 tsp. of garlic salt to 1 lb. of washed and drained kraut. Mix with butter and onion and warm slowly while making Dumplings.

Dumplings: 2 eggs well beaten  
1/4 c. milk  
1/2 tsp. salt  
1/2 tsp. baking powder  
1-1/2 c. flour

(Continued)



SAUERKRAUT & DUMPLINGS - Continued

Drop 1 tsp. full of dough into salted boiling water. When they rise to top take out, drain and add to kraut. Then bake at 350° for 1/2 hour.

N. Plucinski

SCALLOPED CORN SUPREME

1/4 c. finely chopped onion  
1/4 c. finely chopped green pepper  
1 tsp. melted butter or margarine  
1 can (1 lb., 10 oz.) cream style corn  
1 c. of milk  
1 egg beaten  
1-1/2 c. coarse cracker crumbs  
1/2 tsp. salt - dash of pepper  
1 tsp. butter  
1 tsp. melted butter or margarine

Cook onions and green pepper in teaspoon butter in saucepan until soft, but not brown. Add corn, milk, egg, 1 cup cracker crumbs, salt and pepper. Heat, stirring, but do not boil. Turn into a greased 1-1/2 qt. casserole.

Toss together remaining 1/2 cup cracker crumbs and 1 teaspoon butter; sprinkle over corn mixture. Bake in 350° oven 25-30 minutes. Serves 6.

Maureen Kobler

SPINACH CASSEROLE

2 16oz. cottage cheese  
6 eggs not beaten  
6 Tbsp. flour  
1/2 c. butter (small patties)  
1/2 tsp. salt  
1 tsp. oregano  
2 pkg. thawed chopped spinach  
1 8 slice pkg. Old English cheese - cut up

Mix in order, put in buttered 3 quart casserole dish. Bake uncovered at 350° for 1 hour and 45 minutes.

Sandra Priola

SPINACH ROCKEFELLER

2 pkg. frozen spinach  
1/4 c. water  
3 slices bread  
1-1/2 tsp. Worcestershire sauce  
1/2 c. butter  
1 tsp. celery salt  
1/4 tsp. garlic powder

Topping: 2 Tbsp. melted butter  
1/2 c. crushed saltines  
1/4 c. grated Parmesan cheese

Cook spinach in water until separated. Do not drain. Cut or tear bread into 1/2" squares and stir into spinach with butter and seasonings. Simmer 10 minutes. Turn into casserole. Sprinkle on topping and bake at 350° for 1/2 hour. Serves 6.

Beverly Jur

SPINACH STUFFED TOMATO

1 pkg. (10oz.) frozen spinach  
3oz. pkg. cream cheese  
1 egg beaten  
1/2 c. bread crumbs  
1/4 c. Parmesan cheese  
1/4 c. or less milk  
Salt  
Pepper

Cook frozen spinach. While warm add cream cheese, egg, bread crumbs and Parmesan cheese. If mixture seems stiff add milk as needed. Season to taste with salt and pepper.

Cut out core of tomato carefully. Choose solid tomatoes. Fill with spinach mixture and bake at 350° 35 to 40 minutes.

Sharon Geltner



SOUTHERN STYLE SQUASH

3 slices bacon  
1 medium onion, sliced thin  
6 to 8 medium yellow summer squash, cut in 1/2" slices  
1/2 c. water  
1/2 tsp. salt  
1/4 tsp. pepper

In large skillet (with tight-fitting lid) fry bacon until crisp. Remove bacon and saute' onion in bacon fat until tender. Add sliced squash, water, and salt and pepper. Crumble bacon and add also. Cover and simmer together about 15 to 20 minutes, until squash is very tender. Serves six.

Cheryl Hosemann

SWISS BEANS

3 pkgs. (9oz.) French style green beans  
1/2 c. butter  
1 Tbsp. minced onion  
1/3 c. flour  
1/2 tsp. dry mustard  
1 tsp. salt  
1/4 tsp. pepper  
2 c. milk  
3/4 lb. Swiss cheese, cubed  
1/4 c. chopped cashews

Cook green beans until tender; drain. Melt butter over low heat; add onion. Brown lightly. Stir in flour, mustard, salt and pepper. Gradually add milk. Cook and stir until thickened. Add cheese, stir until melted. Combine beans and sauce. Pour into greased casserole. Bake 30 minutes at 350°. Sprinkle with nuts before serving.

Sandi Bidwill

CRISP REFRIGERATOR PICKLES

4-6 medium sized cucumbers or pickles  
1-1/2 c. cold water  
1-1/2 c. vinegar  
1-1/2 c. sugar  
1-1/2 Tbsp. onion flakes  
3/4 tsp. salt  
3/4 tsp. celery seed  
1/2 tsp. onion salt  
1/2 tsp. garlic salt  
1/2 tsp. celery salt

Combine all ingredients (except cucumbers) in 1/2 gallon jar - shake until sugar dissolves. Slice unpared cucumbers 1/4 inch and add to mixture. May be divided into smaller jars. Refrigerate overnight - can keep one month.

Sue Watson

SWEET POTATO RING

Boil 4 medium sweet potatoes until tender. Remove skin and mash by adding butter and milk. Arrange in glass baking dish by placing potatoes around edge of dish, leaving a whole in the center.

Melt 1 cup brown sugar and 1 stick butter in a skillet. Add 3/4 cup water and cook until dissolved. Slowly add (1/2 cup water and 1/3 cup flour that has been mixed together as thickening). Cook until caramel sauce is thick. Add 6 to 8 marshmallows to sauce, cook until melted. Pour caramel sauce into center of potato ring. Place marshmallows on top of sweet potatoes; also pecans can be added for decoration. Before serving, place in hot 350° oven to heat thoroughly, approximately 20-25 minutes.

It's beautiful on your Thanksgiving table.

Sharon Brix



SWISS GREEN BEANS

2 Tbsp. butter or margarine  
2 Tbsp. flour  
1 tsp. salt  
1/4 tsp. pepper  
1 tsp. sugar  
1/2 tsp. finely chopped onion  
1 c. sour cream  
4 c. cooked Frenched green beans  
1/2 lb. Swiss cheese, grated  
1/2 c. corn flake crumbs  
1 Tbsp. melted butter

Preheat oven to 400°. Melt butter. Stir in flour, salt, pepper, sugar and onion. Add sour cream gradually, stirring constantly. Cook at low temperature, until thickened. Fold in green beans; heat thoroughly. Pour into greased 1-1/2 qt. casserole. Sprinkle cheese over beans. Combine cornflake crumbs with butter and sprinkle over cheese. Bake 20 minutes. Makes 6 servings.

Roger Strew

SWISS CHARD

Wash well, boil in water, with salt added as you would a vegetable.

Fry 3-4 sliced garlic, 1 onion, 1-2 green pepper. Add drained Swiss Chard immediately; add large can tomatoes. Add salt, pepper, and lemon juice. Cook about 15 minutes and serve.

Mrs. J. Dandellis

VEGETABLE CASSEROLE

1 20oz. pkg. chopped frozen broccoli  
1 20oz. pkg. frozen mixed vegetables  
2 cans cream of mushroom soup  
1 lb. Velveeta cheese (cubed)  
Croutons

(Continued)

VEGETABLE CASSEROLE - Continued

Cook vegetables according to directions. Mix with soup and cheese. Sprinkle croutons on top. Bake uncovered at 350° for 30 minutes. Serves 16-20.

(Recipe can be cut in half, but it is delicious even left over).

Joann Santercola

ZUCCHINI AU GRATIN - Serves 4

4 Tbsp. butter or margarine  
4 c. thinly sliced zucchini  
1 small onion, sliced  
1 tsp. salt  
1/8 tsp. pepper  
2 small tomatoes, peeled and sliced  
1/2 c. shredded sharp American cheese

Heat butter in skillet. Add squash, onion, salt, pepper and tomatoes. Cover and cook until squash is tender, stirring occasionally. Add cheese and heat until melted.

Barbara Cella

ZUCCHINI

Remove skin from zucchini, slice as you would a cucumber. Fry in oil both sides until lightly brown. Drain on paper towel. Arrange on plate, sprinkle Parmesan cheese over top. You can layer on top of each other making sure you add cheese in between.

Mrs. J. Dandellis

ZUCCHINI SQUASH CASSEROLE

Slice squash 1/4" thick. Cook cut up squash and medium sized chopped onion until onion is tender.

Put a layer of squash, a layer of Pepperidge Farm stuffing, a layer of cheddar cheese and a can of stewing tomatoes in casserole dish and repeat. Bake at 350° for an hour.

Linda Andrews



EXTRA RECIPES

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EXTRA RECIPES

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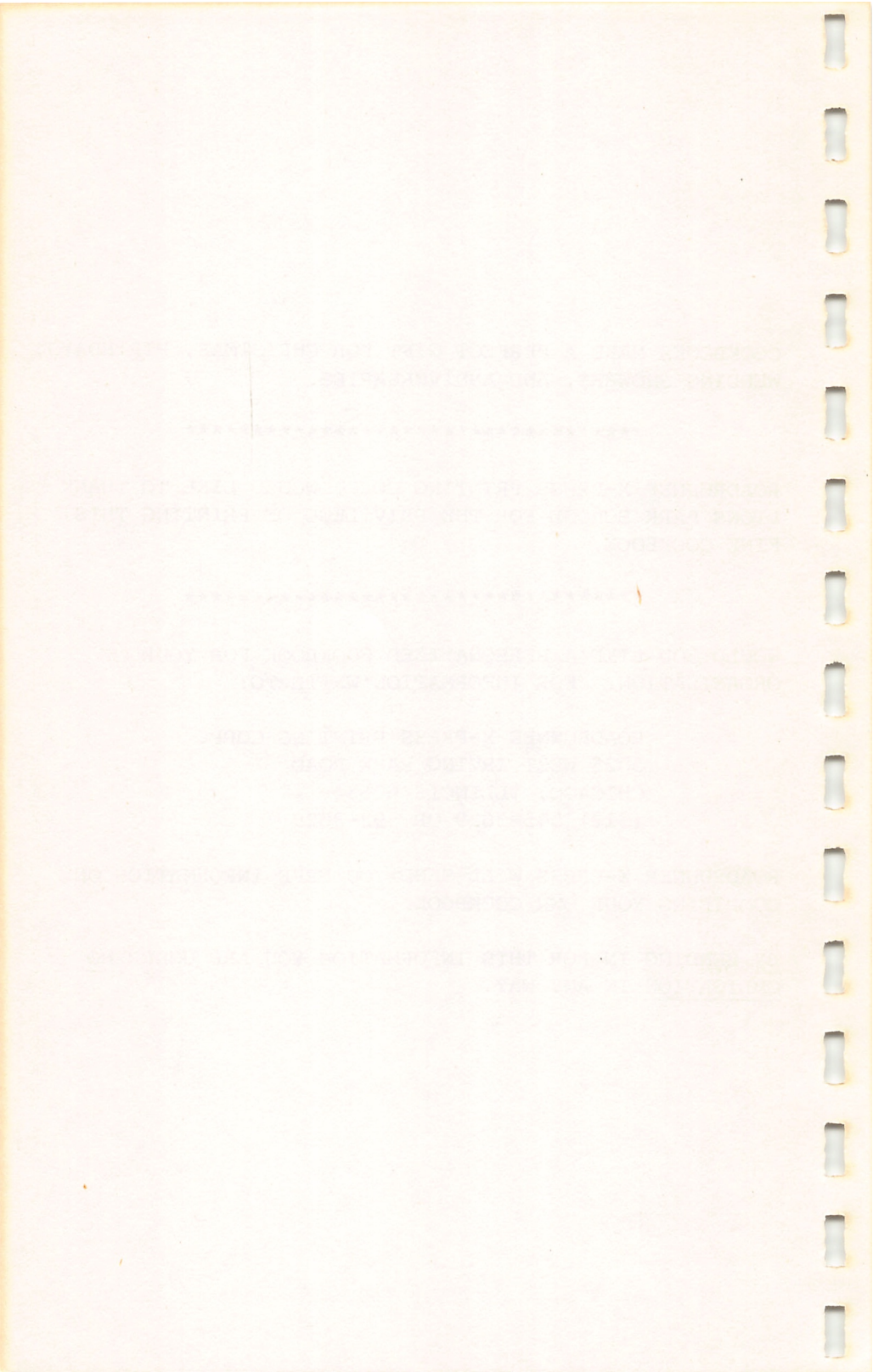
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